

2023 Calendar

	THEME	ONLINE SEMINAR	DESCRIPTION
JAN	Self-Care and Nature	<i>Rays of Sunshine</i> Available on Demand Starting Jan 17th	Seminars can be found on your home page, or you can search for them by title. Explore the benefits of getting outdoors as a part of your self-care routine.
FEB	Overcoming Loneliness	<i>Tackling Loneliness</i> Available on Demand Starting Feb 21st	Learn practical steps on how to overcome loneliness and build better connection with others.
MAR	Setting Boundaries	<i>Set Boundaries and Boost Your Wellbeing</i> Available on Demand Starting Mar 21st	Look at the benefits of having healthy boundaries, and how we can practice setting boundaries in everyday lives.
APR	Sustainability	<i>Guiding Your Family to Greener Living</i> Available on Demand Starting Apr 18th	Explore the steps towards greener living and how to guide our family to living more sustainably.
MAY	Listening	<i>Are You a Good Listener?</i> Available on Demand Starting May 16th	Discussion on the benefits of being a good listener, and learn practical tips on how to be a better listener.
JUN	Points of View	<i>Keeping an Open Mind</i> Available on Demand Starting Jun 20th	Discover how to keep an open mind about yourself and others and the benefits of keeping an open mind.
JUL	Parenting Questions	<i>Overcoming Parental Guilt</i> Available on Demand Starting Jul 18th	Find out how to overcome parental guilt and continue to do your best.
AUG	Money Management	<i>Digging Deep</i> Available on Demand Starting Aug 15th	Explore how to have smart financial management and learn practical steps on getting out of financial ruts.
SEP	Gratitude Mindset	<i>The Gratitude Habit</i> Available on Demand Starting Sep 19th	Discover how to build gratitude habits in our daily lives.
OCT	Reactions	<i>Pause.Breathe.Resume</i> Available on Demand Starting Oct 17th	Learn how to notice our own thoughts and how we react to them, and channel energy when handling challenges.
NOV	Caregiving	<i>Caring for the Caregiver</i> Available on Demand Starting Nov 21st	Explore how to take care of yourself and cope with caregiver stress while supporting your loved ones.
DEC	Embrace Change	<i>Making a Change</i> Available on Demand Starting Dec 19th	Learn how to make a change for the better and learn practical tips to embrace the discomfort of change.

LET US HELP

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