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October 2025

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Join live webinars on topics such as communication, stress, self-improvement and more. You can also view webinars on demand in the webinar library on your member website.

Featured webinar

The power of paying it forward

Presented by Emily Lockamy, LCMHC

Extending goodwill can benefit not only the receiver, but also the giver. Performing acts of kindness can help:

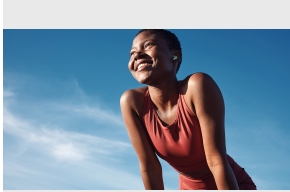
- Boost your happiness
- Increase your self-esteem
- Decrease stress

Register now



9
Oct

12 p.m. PST/
3 p.m. EST



14
Oct

12 p.m. PST/
3 p.m. EST

Simplify your life

Presented by Amy Hopkins, MSW, LCSW

Are you so busy with life that you miss out on what matters most? If so, you're not alone. Most of us get stuck with physical and emotional clutter. Join us for tips to simplify your life.

Register now



23
Oct

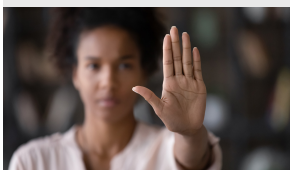
12 p.m. PST/
3 p.m. EST

Till debt do us part: money and relationships

Presented by Culley Lichtenberg, Licensed Professional Counselor Assoc.

Money and relationships are both important areas of life that can impact your well-being. Managing debt together can feel overwhelming at times and can put a strain on your most valued relationships.

Register now



28
Oct

12 p.m. PST/
3 p.m. EST

Domestic violence: what it is and what to do

Presented by JoAnna Cline, LPCC-S

Domestic violence is a widespread problem. But many people still don't understand it. Join this webinar to learn how to recognize domestic violence, tips to stay safe and resources to help.

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Life's moments

The unexpected gift of hard times: hidden growth after the crash

Challenges often force us to dig deeper and discover strengths and resilience we never knew we had.

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