

2024 BEHAVIORAL HEALTH EDUCATION SERIES



Children and Families

Could you use more help understanding behavioral health issues in children? Our webinars will help you learn more about common issues, as well as offer coping techniques and support. These webinars are free and are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these webinars and you'll receive a reminder once the event date gets closer.

The **Children and Families** webinars take place on the **third Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, January 18, 2024 1:00 pm–2:00 pm ET	Developing Healthy Habits with Social Media	Reetu Gupta MBA Brightline
Thursday, February 15, 2024 1:00 pm–2:00 pm ET	Talking to your child about difficult topics	Laura Magnuson MS, MA, LAMFT Talk Space
Thursday, March 21, 2024 1:00 pm–2:00 pm ET	Mental Health Crisis Planning for Families	Mary Lillo/Parent Education Project Coordinator at NAMI Minnesota, Certified Family Peer NAMI

These webinars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.

Together, all the way.®



These are general information health seminars. The information provided is not meant to replace the care or advice of a health care professional. You should always ask your doctor for proper care or treatment advice. If you are a Cigna customer and have specific questions about your medical or behavioral benefits, please call 800.274.7603 to speak with a Health Advocate. If you have a medical emergency, please visit the nearest hospital or call 911.

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