

# 2020 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



## Children and Families

**Could you use more help understanding behavioral health issues in children?** Our phone seminars will help you learn more about common issues, as well as offer coping techniques and support. Cigna's seminars are free and you don't have to register. The seminars are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these seminars and you'll receive a reminder once the event date gets closer.

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

DATE/TIME	TITLE	PRESENTER
Thursday, July 16, 2020 1:00 pm–2:00 pm EDT	Strategies to Manage a Child's Substance Use	Lori Hausman, PhD Allegheny Health Network at the Psychiatry and Behavioral Health Institute
Thursday, August 20, 2020 1:00 pm–2:00 pm EDT	Bounce Back	Vanita Halliburton Grant Halliburton
Thursday, September 17, 2020 1:00 pm–2:00 pm EDT	Acceptance Commitment Therapy and You	Dana Andersen MS, LPCC, MBA Cigna
Thursday, October 15, 2020 1:00 pm–2:00 pm EDT	Coping with ADHD & Access to Mental Health Services in the Time of COVID	Dr. Asif Rashid, MD, Child & Adolescent Psychiatrist, Associate Clinical Director & Alicia Gerich, LCSW-S, Director, Mental Health Services, Child & Family Guidance Center

**The October Children and Families session will be the last session for 2020, please join us January 2021 for the first of the new series.**

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

[SIGN UP FOR SEMINARS >](#)

**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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