

2019 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



Children and Families

Could you use help understanding behavioral disorders in children? We'll discuss common issues, as well as coping techniques and support. These phone sessions are open to anyone, including parents, caregivers and loved ones. They're free and you don't have to register.

These sessions will give you basic details. For more help, you can talk to a health advocate. Call **800.274.7603** to learn more.

DATE/TIME	TITLE	PRESENTER
July 18, 2019 1:00 pm–2:00 pm EDT	Benefits of Family Meals	Anne Fishel, Ph.D, The Family Dinner Project
August 15, 2019 1:00 pm–2:00 pm EDT	Family Accommodation in Childhood OCD and Anxiety Disorders	Dr. Jennifer Park, Rogers Memorial Hospital
September 19, 2019 1:00 pm–2:00 pm EDT	Parenting the Anxious Child	Robin Boggs Choquette, Psy.D and Jackie Rhew, LCPC, CADC, Elite Performance Counseling, Inc. and AMITA Health
October 17, 2019 1:00 pm–2:00 pm EDT	SAFE!- Issues Facing Today's Youth and How We Can Help	Vanita Halliburton, Co-Founder and Executive Chairman, Grant Halliburton Foundation

The October Children and Families session will be the last session for 2019, please join us January 2020 for the first of the new series.

Call in information:

US/CAN Toll free: **866.770.3260**

Toll/International: **509.844.9004**

[Click here to learn more at Cigna.com/ChildrenFamilies](https://www.cigna.com/ChildrenFamilies)

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