



December Webinars

#1

Wednesday December 6, 1:00pm-2:00pm EST
Coping Skills: Breathing, grounding & practicing gratitude

#2

Wednesday December 13, 1:00pm-2:00pm EST
Setting Goals: Giving purpose to the work

#3

Wednesday December 20, 1:00pm-2:00pm EST
Self-Reflecting on 2023

JOIN US ON ZOOM, WEDNESDAYS AT 1:00PM (EST)

Meeting ID: 818 5984 9008 | Password: 490342

@CBFHTMENTALHEALTH



January 2024 Webinar Line Up: Reflecting & Refocusing

#1

Wednesday January 10, 1:00pm-2:00pm EST
New Years Resolutions: Helpful or Harmful?

#2

Wednesday January 17, 1:00pm-2:00pm EST
Toxic Positivity: Is there such thing as too much positivity?

#3

Wednesday January 24, 1:00pm-2:00pm EST
Values: Defining what's most important to you

#4

Wednesday January 31, 1:00pm-2:00pm EST
Setting Intentions & Moving Forward

JOIN US ON ZOOM, WEDNESDAYS AT 1:00PM (EST)
Meeting ID: 818 5984 9008 | Password: 490342

@CBFHTMENTALHEALTH