

Join Us for this Month's Presentations

Webinars



October Webinar:

- ▶ How to Deal with Depression in Your Family
- ▶ Use the QR code to sign up for an email alert when the webinar is available



Support Sessions



World Mental Health Day - October 10, 2023

- ▶ Recognizing & Addressing Mental Health Issues (for Managers) • 12 p.m. EDT
Session Password: MUCeWnQD254
- ▶ Recognizing & Combating Mental Health Issues
2 p.m. EDT • Session Password: Ycd7hyMpr37



Podcasts



OnTopic with Empathia

- ▶ Episode 11: Receiving a Cancer Diagnosis with Jessica Storm, Part 2
- ▶ Episode 16 (Special Edition for World Mental Health Day): Mental Health Around the World, Part 1



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