

Join Us for this Month's Presentations

Webinars



May Webinars:

- Combating Loneliness
- Developing Empathy (for Managers)
- Use the QR codes to sign up for an email alert when each webinar is available



Support Sessions



Daily Practices to Boost Your Mental Health

- Tuesday, May 14
- 1 p.m. EDT
- Session password: 4SSx3y3fJUK



Podcasts



OnTopic with Empathia

- Special edition for Mental Health Month:
 - Addiction Recovery with Dr. Ted Carroll



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