

Join Us for this Month's Presentations

Webinars



December Webinar

- Emotional Intelligence: Enhancing Your Personal and Interpersonal Effectiveness
- [Sign up](#) for an email alert when the webinar is available

Support Sessions



Mental Health and the Holidays

- December 9, 1 p.m. EST
- Session [link](#)
- Session password: xZTRgBru523

Podcasts



OnTopic with Empathia

- On Holiday Stress with Christina Eggebeen
- [Available in December](#)

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