

2022 BEHAVIORAL HEALTH EDUCATION SERIES



Autism

Would you like to learn about autism spectrum disorder? Our phone seminars will help you learn more about the physical, behavioral and emotional growth of individuals who may display its symptoms. Our seminars are free and you don't have to register. The seminars are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these seminars and you'll receive a reminder once the event date gets closer.

The **Autism** seminars take place on the **second Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, January 13, 2022 1:00 pm–2:00 pm EDT	Building Your Own Community of Support	Jennie Clare, K-12 Education Director Jennie Clare Consulting
Thursday, February 10, 2022 1:00 pm–2:00 pm EDT	Facilitating Interactions Between Siblings	Kerry Hillier, M.Ed., BCBA, LBA Regional Director Seattle Kyo/Gateway Learning Group
Thursday, March 10, 2022 1:00 pm–2:00 pm EDT	Mental Health Needs of Parents Raising Kids with Autism	Dr Darren Sush, BCBA-D PsyD Cigna/Evernorth

These seminars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.

[SIGN UP FOR SEMINARS >](#)

Together, all the way.®



These are general information health seminars. The information provided is not meant to replace the care or advice of a health care professional. You should always ask your doctor for proper care or treatment advice. If you are a Cigna customer and have specific questions about your medical or behavioral benefits, please call 800.274.7603 to speak with a Health Advocate. If you have a medical emergency, please visit the nearest hospital or call 911.

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