

2022 BEHAVIORAL HEALTH EDUCATION SERIES



Children and Families

Could you use more help understanding behavioral health issues in children? Our phone seminars will help you learn more about common issues, as well as offer coping techniques and support. 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 **Children and Families** seminars take place on the **third Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, January 20, 2022 1:00 pm–2:00 pm EDT	The New Lonely: Today's Loneliness in Children and Adolescents	Dana Andersen, LPCC, MS, MBA Cigna/Evernorth
Thursday, February 17, 2022 1:00 pm–2:00 pm EDT	What You Need to Know about Fetal Alcohol Spectrum Disorders	Shauna Feine, Senior Training Coordinator Proof Alliance
Thursday, March 17, 2022 1:00 pm–2:00 pm EDT	Bounce Back: Building Resilience in Children and Teens	Sonya Parker Goode CLC, CAMS-I Halliburton Foundation

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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