

Join us...

August 2026 Webinars

Embrace your emotional health with a live webinar led by Learn to Live's clinical team.

Why Do I Care So Much About What Others Think?: Increased heart rate, sweaty palms, self-conscious thoughts, feeling isolated and lonely? Do you worry about others' judgement of you too much? You aren't alone. Break through your social anxiety and fear of other's judgement by learning evidence-based strategies to help you live more fully!

[Friday, August 7th: 11-1130am CT/12-12:30pm ET](#)

Resisting the Pressure to be Perfect: Do you ever feel like you're not quite good enough, no matter how hard you try? When we put high pressure on ourselves and always strive for perfection, it can leave us feeling anxious, stressed, and sometimes we get stuck. Learn to Live's clinical team will discuss the impact of perfectionism and share practical tools to help you move forward with more self-compassion and freedom from the high pressure of perfectionism.

[Tuesday, August 11th: 12-12:30pm CT/1-1:30pm ET](#)

Time Management: Capturing our Time Thieves: Struggling to get it all done each day and feeling overwhelmed? Juggling workload, family obligations, squeezing in time to see our friends and set aside some time for ourselves? It can be a lot! But chances are, we can accomplish our goals with just a few adjustments to our approach. We'll explain how we get off track and provide practical tools for achieving our goals when it feels like there is never enough time.

[Friday, August 21st: 11-11:30am/12-12:30pm ET](#)

Raising Future Ready Kids: Resilience and Grit: Kids face challenges ranging from peer pressure to criticism and that's not going to change anytime soon. Future ready kids will need both resilience—the ability to bounce back from hard things—and grit—the ability to stick with difficult tasks. Learn to Live's clinical team shares proven strategies to help you support your kids in bouncing back from life's challenges for now and the future.

[Wednesday, August 26th: 12-12:30pm/1-1:30pm ET](#)



To Register:

Click the link for the webinar of your choice and use access code **MMHG**. You will receive a confirmation email from Zoom.



If you cannot attend a live session, please register and you'll receive a link to the recording.