

Join us...

July 2026 Webinars

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

Brain Over Pain: CBT Tips for Chronic Pain: Does chronic pain make it difficult for you to enjoy life and carry out important tasks? This webinar introduces a cognitive-behavioral approach to living with chronic pain for better well-being. Participants will learn a science-based perspective on chronic pain. The Learn to Live clinical team will present strategies from cognitive-behavioral therapy that have helped many people dealing with this difficult life challenge.

[Tuesday, July 14th: 12-12:30pm CT/1-1:30pm ET](#)

Staying Refreshed and Preventing Burnout: Do you ever feel like no matter how hard you try, you're still not thriving? If so, you're not alone and there is hope. While many of us feel that something is missing in our lives, recent studies show that 40% are feeling burnt out. In this presentation, the Learn to Live Clinical Team will share the powerful impact of discovering and living by your values and offer practical insights about how to get past barriers that leave many of us feeling unfulfilled and drained.

[Friday, July 17th: 11-11:30am CT/12-12:30pm ET](#)

Overcoming Obstacles: CBT Strategies for Minority Mental Health: Have you ever felt singled out in a crowd, or different from those around you? While we may sometimes feel more isolated amid all these differences, our variety can add richness to the world. In this webinar brought to you by the Learn to Live clinical team, we'll explore how Cognitive Behavioral Therapy (CBT) strategies can help all of us acknowledge our diversity while we reshape our thoughts and actions to build resilience and inner peace.

[Wednesday, July 29th: 12-12:30pm CT/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.