

Join us...

June 2026 Webinars

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

Squirrels and Shiny Objects: Addressing Problems with Focus and ADHD: Do you find it hard to pay attention, stay organized, or avoid distractions? Whether or not you have ADHD, these problems can make daily life tough. But there is good news. Cognitive Behavioral Therapy (CBT) can help. Join this conversation with the Learn to Live clinical team as we explore how CBT can help those living with lack of focus and productivity challenges.

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

Everyone is Having Fun in the Sun, Why Don't I?: Do you experience a pattern of low mood setting in when summertime comes rather than the fun in the sun that others seem to be enjoying? Although Seasonal affective disorder (SAD) occurs mostly in the winter, a few, instead, experience those feelings during the summer months. This is sometimes referred to as "Reverse SAD". Time spent indoors avoiding heat and humidity, disrupted sleep schedules, and late nights could lead to the struggles that those with Reverse SAD often experience. Join us for this 15-minute webinar and we'll share research-supported strategies to boost your mood.

[Tuesday, June 16th: 12-12:15pm CT/1-1:15pm ET](#)

***NEW* When We Say We're Fine, But We're Not: Tools for Mental Exhaustion:** How often do you find yourself reflexively saying, "I'm fine" while moving through your days on autopilot? Maybe you don't want to admit, or even realize, how exhausted you actually are. What if you can find a way to really mean it the next time you tell someone you're fine? In this webinar, the Clinical Team will offer practical tools to recognize mental exhaustion before you hit empty, reintroduce meaningful activities into your routine, and help you ask for support when you need it. With a few small changes, you might be able to turn off autopilot and prevent mental exhaustion to live with more intention.

[Tuesday, June 23rd: 12-12:30pm CT/1-1:30pm ET](#)

Thriving Through Transition: Simple Menopause Strategies: For many women, menopause is considered a loss... a time of uncertainty and change. Bodily sensations such as hot flashes and mood swings can be overwhelming and embarrassing. And for some women, there is a sense of sadness as their reproductive capacities come to an end. In this 15-minute webinar, we will share research-supported steps to thrive through this transition in life.

[Friday, June 26th: 10-10:15am CT/11-11:15am 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.