

Join us...

October 2026 Webinars

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

The Price of Silence: How to Talk About Your Mental Health: If you are struggling with anxiety, depression, or a related concern, you know that is when you feel the least like discussing what you are going through. Join us as we discuss effective strategies, guidance in seeking help, and ways we can support those close to us who may be struggling. [World Mental Health Day \(October 10th\)](#)

[Friday, October 9th: 11-11:30am CT/12-12:30pm ET](#)

Public Speaking: What to Do When the Spotlight's on You: Does the thought of stepping up to the podium make your heart race? Whether it's presenting in front of a crowd or just speaking up in a small meeting - the fear of public speaking is such a common human experience. In this webinar, the Learn to Live Clinical Team will discuss why you may fear public speaking and equip you with powerful tools to communicate in the spotlight without getting pushed around by fear.

[Tuesday, October 13th: 12-12:30pm CT/1-1:30pm ET](#)

Finding Hope and Healing in the Face of Trauma: Hard things happen in life and sometimes, when we get knocked down, it's harder to get back on our feet than we would like. We'll explain the commonly used terms 'trauma' and 'PTSD' and how they impact our lives. The Preparation and Growth Model will be introduced, and we'll share important steps for healing in the face of trauma and strategies to build resilience should challenges come your way. [World Trauma Day \(October 17th\)](#)

[Friday, October 16th: 12-12:30pm CT/1-1:30pm ET](#)

***NEW* Conquering Financial Stress: Proven Tools for Resilience:** Financial stress isn't just a money problem. From our sleep and relationships to our ability to think clearly and solve problems, financial concerns can significantly interfere with our mental and emotional health. In this webinar, our clinical team will explore the psychological challenges that can arise from difficult financial situations and how we can take advantage of Learn to Live's online programs to overcome pressing concerns and develop powerful coping skills for the future.

[Friday, October 23rd: 11-11:30am CT/12-12:30pm 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.