



30 Minute Wellness Courses

Click on the links or Go to [Zoom.us/join](https://zoom.us/join) to Register

January 25, 2024

12pm

It's Not Just Words. Communicate For Connection

WEBINAR ID: 830 6675 5655

PASSCODE: 542468

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_TDO9AINQTEGYID-YVHR8MW](https://us06web.zoom.us/webinar/register/WN_TDO9AINQTEGYID-YVHR8MW)

February 22, 2024

12pm

Navigating your Teen's Social Media Usage

WEBINAR ID: 849 9530 5243

PASSCODE: 359159

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_1MVKA4I5QNC3PJ0BAADMIG](https://us06web.zoom.us/webinar/register/WN_1MVKA4I5QNC3PJ0BAADMIG)

March 28, 2024

12pm

Live More Purposefully: Create Greater Meaning, Connection & Well-being.

WEBINAR ID: 849 5191 3091

PASSCODE: 524242

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_BZ_0WQYLQHEZWDAXX2A_GQ](https://us06web.zoom.us/webinar/register/WN_BZ_0WQYLQHEZWDAXX2A_GQ)

April 25, 2024

12pm

When and How to Say..... Heck NO!

WEBINAR ID: 882 8441 8523

PASSCODE: 314734

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_CQP1_CJXQMUAKLIZTENH5G](https://us06web.zoom.us/webinar/register/WN_CQP1_CJXQMUAKLIZTENH5G)

May 23, 2024

12pm

Using Music To Enhance Your Mental Health and Wellbeing

WEBINAR ID: 821 0530 8528

PASSCODE: 028252

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_UPA6VTZBRLCW9FNAIVQTSG](https://us06web.zoom.us/webinar/register/WN_UPA6VTZBRLCW9FNAIVQTSG)

June 27, 2024

12pm

Talking to Your Teen About Drug and Alcohol Use

WEBINAR ID: 868 3575 7124

PASSCODE: 116127

[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_HD5PK_36QIIRGQOHFBMXGQ](https://us06web.zoom.us/webinar/register/WN_HD5PK_36QIIRGQOHFBMXGQ)

