

# 2021 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



## Children and Families

**Could you use more help understanding behavioral health issues in children?** Our phone seminars will help you learn more about common issues, as well as offer coping techniques and support. Cigna's seminars are free and you don't have to register. The seminars are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these seminars and you'll receive a reminder once the event date gets closer.

The **Children and Families** seminars take place on the **third Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
<b>Thursday, July 15, 2021</b> 1:00 pm–2:00 pm EDT	Mental Health Responses to Pandemics	Dr. Anandhi Narasimhan, CMO Masada Homes
<b>Thursday, August 19, 2021</b> 1:00 pm–2:00 pm EDT	Youth Empowerment Program	Dana Pohlman Child and Family Guidance Center
<b>Thursday, September 16, 2021</b> 1:00 pm–2:00 pm EDT	Mindfulness for Life	Kristen Hoff Cigna Behavioral
<b>Thursday, October 21, 2021</b> 1:00 pm–2:00 pm EDT	Basics of Fetal Alcohol Spectrum Disorders	Shauna Feine Proof Alliance

**The October Children and Families session will be the last session for 2021, please join us January 2022 for the first of the new series.**

These seminars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.

[SIGN UP FOR SEMINARS >](#)

**Together, all the way.®**



These are general information health seminars. The information provided is not meant to replace the care or advice of a health care professional. You should always ask your doctor for proper care or treatment advice. If you are a Cigna customer and have specific questions about your medical or behavioral benefits, please call 800.274.7603 to speak with a Health Advocate. If you have a medical emergency, please visit the nearest hospital or call 911.

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