



Real Support for Real Life

Brought to you by your Employee Assistance Program

Navigating Back-to-School Challenges

Going back to school in the fall can bring up a mix of emotions for both parents and children. In this seminar, you'll get tips that can make that transition easier for everyone. You'll learn how to help your child manage their fears. You'll also discover the keys for a successful school year, which means less stress for them – and you.

Wednesday, August 7, 2024
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

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