

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
Thursday, January 21, 2021 1:00 pm–2:00 pm EDT	Supporting Students Following a Hospitalization	Bob Watson, MAT Linden Oaks Behavioral Health
Thursday, February 18, 2021 1:00 pm–2:00 pm EDT	Cost of Silence	Vanita Halliburton Grant Halliburton
Thursday, March 18, 2021 1:00 pm–2:00 pm EDT	ADHD & Creating Habits	Dulce Torres AvantGard Center

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.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.