## SEMINAR | TOPIC
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**COPING WITH PANDEMIC FATIGUE** | Managing pandemic stressors doesn’t necessarily get easier with time; it may even get harder. Explore ongoing emotional challenges and discuss strategies that may help.  
**KIDS, TEENS, AND CORONAVIRUS STRESS** | Like us, kids and teens are stressed in these unsettled times. How can we help? We’ll share talking tips and strategies to help children feel more secure and resilient.  
**MANAGING ANXIETY: CORONAVIRUS FEARS & CONCERNS** | The coronavirus outbreak can trigger natural fears and concerns. This can make day-to-day life more difficult. Get strategies to manage stressful thoughts and emotions.  
**MANAGING THE RETURN TO WORK** | Explore the factors that can make going back to work feel challenging, and gain strategies to smooth the transition for you and your family.  
**NAVIGATING BACK-TO-SCHOOL CHALLENGES** | Pandemic factors are increasing back-to-school stress. We’ll review practical and emotional preparations and strategies for different learning scenarios.  
**RESILIENCE IN CHALLENGING TIMES** | It’s easy to feel overwhelmed by ongoing changes and challenges. But you are stronger than you think. Gain tips for building your natural resilience.  
**MANAGERS - SUPPORTING EMPLOYEES: CORONAVIRUS FEARS & CONCERNS** | We’ll discuss what to expect, recommended responses, and communication strategies for managers. Learn how you can best support employees, your team, and yourself.  
**MANAGERS - SUPPORTING EMPLOYEES: RETURNING TO WORK** | Review recommended strategies for helping your team transition back into the workplace. Gain tips on how to provide support and stability in a time of uncertainty.