

2022 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. Our 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, July 21, 2022 1:00 pm–2:00 pm EDT	Creating Awareness In Your Children	Dulce Torres Flamboyant Services, LLC dba Avant-Garde Center and ADHD Coaching & Training
Thursday, August 18, 2022 1:00 pm–2:00 pm EDT	Brain Based Interventions for Attachment and Developmental Trauma	Scott Kuenneke, MS, LPC, BCN Calo
Thursday, September 15, 2022 1:00 pm–2:00 pm EDT	Pediatric Insomnia	Sharadamani Anandan Evernorth
Thursday, October 20, 2022 1:00 pm–2:00 pm EDT	Human Trafficking (Global to Local)	Jessica Brazeal, MA, LPC-S About the New Friends New Life Programs

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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