EVENTS SCHEDULE
March 2024

Improve Your Listening Skills
available starting Mar 4
Learn step by step strategies to become a better listener with friends, family, colleagues, or clients.

- become a more effective communicator
- develop improved relationships
- help others feel heard, decreasing stress for them...and you
5 days of text-based exercises, with unlimited personalized, interactive guidance and support from your instructor and others.

Supporting Others with Mental Health
available starting Mar 11
Based on scientifically-proven models of care, compiled by experts.

- actionable tips to become an empathetic, informed, and compassionate mental health ally
- become a source of comfort, encouragement, and practical guidance for those navigating emotional challenges
5 text-based lessons over 5 days, with unlimited personalized, interactive guidance and support from your instructor and others.

Reduce Stress with CBT
available starting Mar 18
Actionable exercises based on Cognitive Behavioral Therapy (CBT) to gain:

- insight and understanding into your personal thought and behavior patterns,
- tangible tools you can put into practice right away in your day to day life.

Two weeks of text-based exercises, with unlimited personalized, interactive guidance and support from your instructor and others.

Get Started