

## Surviving the college application process – Aug 6 @ 3 p.m. ET



Is your child applying or getting ready to apply to college? If so, hang on for an exciting—and challenging—experience. As parents of college-bound kids, you need to be ready to empathize, listen, set boundaries and be ready to help—when your kids want your help!

- Learn the risks of being a helicopter parent
- Find out how to give support without taking on the responsibilities
- Help your child grow through this process rather than just get into college

## Are you ready? Emergency preparedness – Aug 13 @ 3 p.m. ET



Even in our high-tech, internet-connected world, there are times when natural or man-made disasters can happen without warning. But that doesn't mean you can't be ready. Join this webinar to learn the basics of preparedness.

## Being a team with your child's teacher – Aug 22 @ 3 p.m. ET



Outside of family, few people influence children more than their teachers. Establishing a good working relationship with them can be helpful to you, your children and the teachers. Join this webinar to talk about:

- How to build the parent/teacher relationship
- How to get more involved with your child's schoolwork
- What to do if there are issues

## Understanding postpartum depression – Aug 27 @ 3 p.m. ET



Many women experience postpartum depression after giving birth. Join this webinar to learn more about it. We'll review:

- Signs and symptoms of postpartum depression
- What causes postpartum depression
- Treatment for postpartum depression