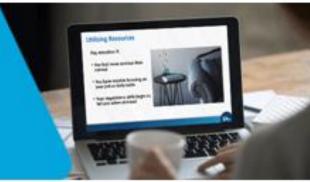
# Webinar Series



Join us for a four-part webinar series on emotional support and organizational resources during the COVID-19 pandemic.

Additionally, we will be hosting a special live question and answer forum hosted by a master's level clinician who will address questions related to the work life challenges people are experiencing.

### Webinar 1:

Stress Management Techniques to Cope with Social Distancing and Isolation

Wednesday, April 1st, 2020 at 10:00 AM PDT

#### Webinar 3:

Coping with Financial Stress During Times of Crisis

Wednesday, April 15th, 2020 at 10:00 AM PDT

## Webinar 2:

Creating a Schedule to Stay Emotionally and Physically Healthy

Wednesday, April 8th, 2020 at 10:00 AM PDT

#### Webinar 4:

Teens and Young Adults and the Unique Challenges They Face During this Pandemic

Wednesday, April 22nd, 2020 at 10:00 AM PDT

# **REGISTER HERE**

# **VIEW PAST WEBINARS HERE**

Cascade is committed and prepared to address the evolving risk posed by COVID-19. We will continue to post new materials in our new COVID-19 Resource Center to help you as we all move forward though this unique time together. Resources can be found here: <a href="https://cascadecenters.com/Covid19-Resource-Center">https://cascadecenters.com/Covid19-Resource-Center</a>

Call: 800.433.2320

Email: Info@cascadecenters.com Visit: cascadecenters.com

