



September: Be Prepared

September is National Preparedness Month. Join us for this month's Cafe Series as we focus on becoming equipped to handle a traumatic event, as well as healthy ways to cope with any other type of curve life may throw your way.

Webinar: Diminishing the Stigma of Depression

Presented by: Dr. Amy Wood

Friday, September 12th @ 3:00pm EST

Depression is a disease that is frequently misrepresented and often misunderstood. Join in on this 30-minute webinar to get the facts on depression, address common myths and share valuable information on resources available for those in need.

Video: Coping with Trauma

Presented by: Dr. Susan Futeral, PhD, LCSW-C

Tuesday, September 23rd @ 2:00pm EST

Trauma is as unpredictable as it is inevitable - Almost everyone has dealt with some sort of traumatic event in their lives. This 15-minute video will cover causes of trauma, tips for coping and recovery, as well as tips for dealing with traumatic events in the workplace.

Register Online Today!

Register online for these events with the following URL:

<http://bhsscheduleportal.org/bhsportal46zeta/>

