



## April:

### Shower Yourself With Care

Join us for this month's Café Series as we focus on ways to take care of ourselves and our loved ones.

#### Webinar: Autism Spectrum Disorder

*Presented by: Kaitlyn P. Wilson, PhD, CCC-SLP*

**Tuesday, April 11 @ 1 p.m. EST**

Autism is in the media more today than ever before. What do you know about autism? Tune into this webinar to review common misperceptions about autism, how autism is diagnosed and what you can do after a diagnosis of autism spectrum disorder (ASD) or social pragmatic communication disorder (SCD).

#### Webinar: Coping with Stress at Work for Employees

*Presented by: Stephanie McCannon, BA, Well-Being Coach*

**Tuesday, April 18 @ 1 p.m. EST**

The workplace can be a big source of stress. How are you coping with stress at work? You may not be able to prevent stress at work, but there are many things you can do to help you cope with stressful events. Tune into this webinar to learn about healthy coping skills.



#### Here Are Two Easy Ways to Register:

1. Click on this link: <http://goo.gl/yGbRSh>
2. Visit your organization's MyBHS Portal by going to <http://portal.bhsonline.com> and find the registration link in the "Upcoming Live Webinars" under the "Café Series" tab.

#### Did You Miss a Live Webinar?

Go to your organization's MyBHS Portal and click on the "Cafe Series" tab to access past webinars. On-Demand webinars are listed by date and topic.

Take   
time to  
tune in.