

TALKS LINEUP



The Art of Disagreement: How to Nurture Relationships and Maintain Self-Respect

Debbie Leung

Tuesday, February 4 | 6:00 PM - 7:30 PM

[Learn more & register](#)



Dancing for Mental Health: The Art of Living Well

Alina Sotskova

Thursday, February 6 | 6:30 PM - 8:00 PM

[Learn more & register](#)



Stay Sharp: Understanding ADHD and Age-Related Memory Changes

Claire Sira

Tuesday, February 11 | 6:00 PM - 7:30 PM

[Learn more & register](#)



The Power of Authentic Connections for You and Your Kids

Taravat Ostovar

Tuesday, February 18 | 6:00 PM - 7:30 PM

[Learn more & register](#)

TALKS LINEUP



Let's Talk About Sex: How to Prioritize Sexual Health in Times of Stress and Change

Veronica Li

Thursday, February 20 | 6:00 PM - 7:30 PM

[Learn more & register](#)



Staying Grounded in a Shifting World: A DBT Lens

Humaira Mohsin

Tuesday, February 25 | 6:00 PM - 7:30 PM

[Learn more & register](#)



Burning the Candle at Both Ends: Recognizing and Managing Workplace Burnout

Jesse Elterman

Thursday, February 27 | 6:00 PM - 7:30 PM

[Learn more & register](#)

We look forward to seeing you there!