

REAL SUPPORT FOR REAL LIFE



Stress and Your Child

As parents, we naturally want to protect our kids from stress. But this instinct isn't always helpful. Join us to examine the experience of stress for a child, how it is similar but also different from the adult experience. We'll review stress signs and share constructive ways to help your child manage anxious thoughts and feelings. Learn how you can also proactively build your child's resilience to make them more stress-resistant.

Wednesday, January 20, 2021

2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

www.Cigna.com/EAPWebcasts

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A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.™

