

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 2:
Creating a Schedule to Stay Emotionally and Physically Healthy

Wednesday, April 8th, 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 4:
Teens and Young Adults and the Unique Challenges They Face During this Pandemic

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

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[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 through this unique time together. Resources can be found here: <https://cascadecenters.com/Covid19-Resource-Center>

Call: 800.433.2320
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Visit: cascadecenters.com

