

To register for a Care Talk, click topic title below; or log on to the website and look for the “Care Talks” links on the homepage.

JANUARY 2026 Care Talks		
Emotional wellness: <u>Bounce back stronger in the new year</u>	No matter what life throws at you, there are tips and techniques you can use daily to become more resilient. Empower yourself with the knowledge of what steps to take to face challenges as they come your way.	January 8 1pm–2pm ET
Navigating disabilities: <u>Empowering every stage of life</u>	Examine the unique challenges and triumphs faced by individuals with disabilities at all stages of life. Gain strategies to foster independence and self-advocacy while building strong support networks.	January 13 1pm–2pm ET
Financial wellness: <u>Budgeting basics</u>	Learn the basics of budgeting and practical ways to manage your money more effectively, including how to set financial priorities, reduce expenses, recognize signs of debt trouble, and build strategies for saving.	January 14 1pm–2pm ET
Succeed at work: <u>Creating a positive work environment</u>	What does a positive work environment look like and how can it be achieved? Discover how teamwork, finding meaning in your work, accepting responsibility, and humor can all lead to a more positive work environment.	January 15 1pm–2pm ET
Aging & adult care: <u>Self care solutions for stressed family caregivers</u>	Dig into the challenges of caregiving and learn practical ways to maintain a healthy balance. Gain tools to identify priorities, reach personal goals, and manage stress more effectively.	January 21 1pm–2pm ET
Your healthy lifestyle: <u>Creating an annual well-being plan</u>	Maintaining balance and well-being takes planning and commitment. An annual well-being plan can help you set goals, build healthy habits, and track progress to support your overall health and happiness.	January 27 1pm–2pm ET
Child care & parenting: <u>Helping children thrive in college, careers, and beyond</u>	Join an inspiring session on preparing your child for life after high school. Learn how to cultivate resilience, independence, and purpose as they transition into young adulthood and chase their dreams.	January 28 1pm–2pm ET

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FEBRUARY 2026 Care Talks		
Emotional wellness: The power of asking for help	Take time to reflect on your emotional and physical well-being, assess how you're really doing, and learn ways to seek support.	February 5 1pm–2pm ET
Navigating disabilities: Financial planning for families with disabilities	Learn practical strategies to create a strong financial plan and prepare for the future by identifying, understanding, and using the financial resources available to you.	February 10 1pm–2pm ET
Financial wellness: Managing money with confidence	An uncertain economy makes smart money management key. Learn practical strategies to stretch your budget, set financial goals, manage spending, reduce debt, and build long-term financial stability while maximizing opportunities for growth.	February 11 1pm–2pm ET
Aging & adult care: The brain and heart health connection	The brain and heart are closely linked in chronic illness risk, including Alzheimer’s, heart disease, and stroke. Learn 12 lifestyle strategies beyond exercise and nutrition to boost health, wellness, and resilience while caring for older loved ones.	February 18 1pm–2pm ET
Succeed at work: Emotional intelligence	Understand the four components of emotional awareness and how different emotions impact relationships. Gain insights to identify key areas for growth and strengthen your connections with others.	February 19 1pm–2pm ET
Your healthy lifestyle: Your healthy heart	Learn the terms and factors you need to know to improve your heart health. Plus, hear about risk factors and how to recognize heart attacks and strokes.	February 24 1pm–2pm ET
Child care & parenting: Plan ahead for summer child care	It's never too early to start planning! Gain guidance on identifying quality summer care for children and teens. Learn how to assess your family’s needs, compare costs, and explore different options from day camps to enrichment programs to make informed decisions that fit your schedule and budget.	February 25 1pm–2pm ET

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MARCH 2026 Care Talks		
Emotional wellness: Get smart about brain health	Maintaining brain health and memory can significantly improve your ability to recall names, faces, and important information. Learn strategies to support a healthy brain and enhance cognitive performance.	March 5 1pm–2pm ET
Navigating disabilities: Guiding your child with disabilities into adulthood	The transition to adulthood can be complex for those with disabilities. Build a confident and empowered future for your child with practical tools for education, employment, and independent living.	March 10 1pm–2pm ET
Financial wellness: Talking about money in uncertain times	Explore how today’s financial climate affects emotions, relationships, and conversations. Gain insight into the root causes of economic stress and learn to approach money discussions with empathy, clarity, and confidence at work and at home.	March 11 1pm–2pm ET
Aging & adult care: Sleep science and relaxation to calm caregivers	Caregivers often face sleep loss that affect their family life, work, and caregiving. Learn about sleep science, managing sleep debt, improving hygiene and circadian rhythms, calming the mind, and the benefits of naps.	March 18 1pm–2pm ET
Succeed at work: Overcoming procrastination	Explore why people procrastinate, understand how it affects your life, and discover practical strategies and tips to overcome it.	March 19 1pm–2pm ET
Your healthy lifestyle: The science of better sleep	Struggling with sleep? Explore common sleep disorders, including circadian rhythm disruptions, insomnia, and sleep apnea. Learn the benefits of sleep studies, how sleep affects stress and cortisol levels, and strategies and resources to improve rest.	March 24 1pm–2pm ET
Child care & parenting: Children’s nutrition 101	Explore children’s nutritional needs, healthy eating strategies, childhood obesity risks, how to recognize weight concerns, and ways to support and boost your child’s self-esteem.	March 25 1pm–2pm ET

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APRIL 2026 Care Talks		
Emotional wellness: Stress management	Get insights on common causes of stress, how to recognize your stress signals, and strategies for effectively managing stress when it occurs.	April 2 1pm–2pm ET
Financial wellness: Overcoming debt	Carrying too much debt today can jeopardize your financial future. Understand the difference between good debt and bad debt, the impact of interest charges, how to manage spending habits, and how to build good saving habits.	April 8 1pm–2pm ET
Navigating disabilities: Autism awareness and support	Explore the signs and symptoms of autism, learn strategies for navigating parenting challenges, and discover helpful resources and support to help your child thrive.	April 14 1pm–2pm ET
Aging & adult care: Making home a safe and serene sanctuary	Learn how to create a safe, comfortable home using universal design and Well Home Design principles. Explore room-by-room tips and biophilic design trends that support aging in place and lifelong wellness.	April 15 1pm–2pm ET
Succeed at work: Using AI to your advantage	Examine how AI enhances productivity, streamlines tasks, and supports career growth. You'll walk away with practical tips and real-world examples to integrate AI tools into your daily workflow ethically and effectively.	April 16 1pm–2pm ET
Child care & parenting: Parenting in the age of AI	From homework help to screen-time struggles, AI is reshaping parenting. Gain insights on using technology mindfully to support your child’s learning, safety, and emotional development in today’s digital world.	April 22 1pm–2pm ET
Your healthy lifestyle: Healthy meal planning	Explore emotional eating, the factors that drive it, and how mood influences cravings. Get practical steps, proven strategies, and resources to help build a healthier relationship with food.	April 28 1pm–2pm ET

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MAY 2026 Care Talks		
Emotional wellness: Mental health overview	Gain a deeper understanding of mental health and illness, including common misconceptions, stigma, treatment options, and available resources.	May 7 1pm–2pm ET
Navigating disabilities: Empowering kids and adults with ADHD	Understand how ADHD affects children and adults and explore evidence-based tools for focus, organization, and self-confidence at home, school, and work.	May 12 1pm–2pm ET
Financial wellness: Spend smarter, save better	Take control of your spending with intention. Learn to spot impulse triggers, create a no-buy list, manage spending, and use a zero-sum budget to build mindful money habits that ease stress and align with your goals.	May 13 1pm–2pm ET
Aging & adult care: Understanding caregiver burnout	Caring for an aging loved one can take a toll on your mental and emotional health. We'll provide you with tips and resources to support your well-being.	May 20 1pm–2pm ET
Succeed at work: Managing work and life	Learn strategies to balance work and personal life by identifying stressors, assessing goals and priorities, and effectively managing both professional and personal responsibilities.	May 21 1pm–2pm ET
Your healthy lifestyle: The power of daily movement	Discover the benefits of exercise, how attitude and goals impact success, components of a balanced workout, healthy eating, and simple exercises you can do during your workday.	May 26 1pm–2pm ET
Child care & parenting: Building children's healthy habits through activity	Discover strategies to promote your child’s health. Examine the impacts of inactivity, benefits of an active lifestyle, healthy meals and snacks, and practical tips to keep your child moving and engaged.	May 27 1pm–2pm ET

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JUNE 2026 Care Talks		
Emotional wellness: Understanding compassion fatigue	Compassion fatigue is the physical and emotional toll of helping others, often mistaken for burnout. Here you will learn how to recognize its signs and practical strategies to cope and restore well-being.	June 4 1pm–2pm ET
Navigating disabilities: Mental health support for adults with disabilities	Examine how disabilities and mental health intersect and how to build emotional resilience. Gain coping strategies, stress management techniques, and insights for accessing supportive care.	June 9 1pm–2pm ET
Financial wellness: Building good credit	Explore how your credit report and score affect borrowing, and discover ways to monitor and improve your credit to strengthen your financial health.	June 10 1pm–2pm ET
Aging & adult care: From driver’s seat to passenger seat, senior driving challenges and conversations	Navigating the stages of senior driving can be stressful and difficult. We'll help you understand how to evaluate and influence older drivers to ensure safety.	June 17 1pm–2pm ET
Succeed at work: Maximizing your time	Time management and organizational skills are key to balancing work, life, and family. Learn practical strategies and tips to stay organized, manage responsibilities, and improve both your work and personal life.	June 18 1pm–2pm ET
Your healthy lifestyle: Eating right for life	Skipping meals or eating on the run? Get expert tips on the benefits of nutrition and how to make informed food choices that build and maintain healthy eating habits.	June 23 1pm–2pm ET
Child care & parenting: Managing fear and anxiety in children	Uncover tactics to help children of all ages manage anxiety and fear.	June 24 1pm–2pm ET

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JULY 2026 Care Talks		
Emotional wellness: Loneliness myths, benefits, and how to overcome it	What is loneliness and how can you overcome it? Explore the impact of loneliness on health and mental well-being and get practical tips and strategies to manage it.	July 2 1pm–2pm ET
Financial wellness: Investment basics	Understanding investment basics helps secure your financial future. Learn the difference between saving and investing, key investing principles, and how to assess your financial health.	July 8 1pm–2pm ET
Navigating disabilities: The role of nutrition and movement in disability health	See how balanced nutrition and adaptive physical activity enhance physical and mental well-being for people with disabilities. Examine accessible routines that boost energy, strength, and long-term health.	July 14 1pm–2pm ET
Aging & adult care: Caregiver 911, how to prepare for emergencies	Natural disasters can strike anytime. Plan ahead and learn how to prepare older loved ones for emergencies whether they are nearby, far away, at home, or in senior living.	July 15 1pm–2pm ET
Succeed at work: Staying strong and resilient	How do you handle challenges and hardships? Get strategies to stay resilient, maintain a positive outlook, reduce stress, and keep moving forward despite adversity.	July 16 1pm–2pm ET
Child care & parenting: Guiding teens through relationship challenges with confidence	During adolescence when peer relationships gain importance, connections with parents and siblings may be tested. Discover strategies for understanding and resolving conflicts in these relationships.	July 22 1pm–2pm ET
Your healthy lifestyle: The gut-brain connection	Prebiotics, probiotics, and postbiotics—oh my! Explore how gut health connects to mental health. Understand new gut-brain research, its impact on your body and mind, and what you can do about it.	July 28 1pm–2pm ET

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AUGUST 2026 Care Talks		
Emotional wellness: <u>Embracing a life of happiness</u>	Discover what it means to be happy and how to live a fulfilling life during this informative and interactive session.	August 6 1pm–2pm ET
Navigating disabilities: <u>School success for kids with disabilities</u>	Discover how to create ideal learning environments for children with disabilities, along with strategies for effective communication, IEP advocacy, and classroom confidence-building.	August 11 1pm–2pm ET
Financial wellness: <u>Financial wellness and moving forward</u>	Reflect on the impact of recent years and explore steps to improve finances, health, and relationships. Learn how these areas connect and leave with practical strategies and resources to enhance your future prospects.	August 12 1pm–2pm ET
Aging & adult care: <u>Helping older loved ones make the right housing choices</u>	Learn to assess living situations, communicate about care options, explore different housing alternatives, and evaluate facilities for seniors and adults.	August 19 1pm–2pm ET
Succeed at work: <u>Juggling act, the "5 Buckets Principle"</u>	Are you struggling to find balance? Get practical strategies for an integrated approach to find balance in the five key areas of life: family/friends, work, giving back, finance, and health.	August 20 1pm–2pm ET
Your healthy lifestyle: <u>The benefits of nutrition and proactive health</u>	Proactive health focuses on prevention through healthy lifestyle choices and regular wellness practices. Find out how to adopt these strategies to reduce disease risk, take charge of your health, and enjoy a higher quality of life.	August 25 1pm–2pm ET
Child care & parenting: <u>Back-to-school success strategies for every age</u>	Parents will learn how to develop effective plans, maintain organized documentation, and cultivate a positive mindset to support successful management of their responsibilities.	August 26 1pm–2pm ET

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SEPTEMBER 2026 Care Talks		
Emotional wellness: Embracing the practice of self care	Prioritize your health and well-being with self care strategies that you can lean on no matter what life brings.	September 3 1pm–2pm ET
Navigating disabilities: Supporting your child's mental health alongside their disability	Children with disabilities often face extra emotional and social challenges. Gain tools to spot stress, support emotional well-being, and collaborate with schools and healthcare providers for comprehensive care.	September 8 1pm–2pm ET
Financial wellness: Planning your financial future	Set yourself up for financial success by understanding common obstacles to saving, strategies for overcoming them, and the value of investing for long-term stability.	September 9 1pm–2pm ET
Aging & adult care: Alzheimer's disease & dementia care	During World Alzheimer's Month, explore the signs, symptoms, and stages of dementia and Alzheimer's, caregiving and communication tips, financial and insurance support, caregiver resources, brain health, prevention, and cognitive wellness.	September 16 1pm–2pm ET
Succeed at work: Tips for staying calm, cool, and collected	Learn how to stay calm when your buttons are pushed. Gain strategies and techniques to communicate effectively, maintain composure under pressure, and more.	September 17 1pm–2pm ET
Your healthy lifestyle: Embracing life at every age	Age is a state of mind. Uncover how living longer is changing society's views on aging and how you can prepare for what lies ahead.	September 22 1pm–2pm ET
Child care & parenting: Resiliency for working parents	Today's working parents need resilience to prevent burnout. Gain tools to manage stress, maintain balance, and navigate the demands of work and family life with greater confidence and calm.	September 23 1pm–2pm ET

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OCTOBER 2026 Care Talks		
Emotional wellness: <u>The mindset of mental toughness</u>	Learn how to use challenging times as opportunities to build mental toughness and find positivity in adversity. Discover what it means to be mentally strong and explore the power of grit.	October 1 1pm–2pm ET
Navigating disabilities: <u>Understanding colleagues with autism</u>	Gain insight into adults living with autism spectrum disorder (ASD). Understand common behaviors and challenges, and learn strategies to help ASD employees thrive and succeed within your organization.	October 13 1pm–2pm ET
Financial wellness: <u>Preventing identity theft</u>	Explore key information about identity theft, including how it happens, prevention strategies, how to respond effectively, and available resources to protect yourself.	October 14 1pm–2pm ET
Succeed at work: <u>The positive effects of self esteem on performance</u>	Discover techniques to rewire the brain for optimism, boost self-confidence, strengthen self-esteem, and manage negative thoughts for a more positive mindset.	October 15 1pm–2pm ET
Aging & adult care: <u>The cost of care and planning for the future</u>	For National Financial and Long-Term Care Planning Month, learn how to organize key documents, update legal papers, connect with an elder law attorney, understand care costs and Medicare/Medicaid, and plan for retirement and future care.	October 21 1pm–2pm ET
Your healthy lifestyle: <u>Green tips for the home</u>	Discover the environmental and financial benefits of going green. This session offers practical strategies to make your home more eco-friendly while saving money.	October 27 1pm–2pm ET
Child care & parenting: <u>How to protect your child from bullying</u>	Learn how to recognize and respond to bullying by identifying types, talking with children, spotting signs your child may be affected, and knowing what to do if your child may be bullying others.	October 28 1pm–2pm ET

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NOVEMBER 2026 Care Talks		
Emotional wellness: Unlocking the joy of gratitude	Discover the science of gratitude and how it strengthens meaningful relationships at work and home. Learn practical tips and research-backed ways to bring more gratitude into your daily life.	November 5 1pm–2pm ET
Navigating disabilities: Healthy habits for the holidays	Delve into holiday stress and get strategies to manage emotions, time, relationships, and health. Gain tips for organizing tasks, handling demands, and maintaining balance while honoring holiday traditions.	November 10 1pm–2pm ET
Financial wellness: Holiday budgeting	It can be hard to stick to a budget during the holidays. We'll help you learn how to manage holiday spending and re-examine your expectations to stay within your financial means.	November 11 1pm–2pm ET
Aging & adult care: Tech tools that make caregiving easier	Explore age-tech innovations that help caregivers support older adults. From home safety and medication reminders to virtual social activities, find tools to ease stress and bring peace of mind.	November 18 1pm–2pm ET
Succeed at work: Healthy boundaries, healthy relationships	With constant connectivity now the norm, learn best practices to set professional, respectful boundaries that improve success, reduce overwhelm, and help you navigate conflict with confidence.	November 19 1pm–2pm ET
Your healthy lifestyle: Understanding emotional eating	Gain a better understanding of emotional eating and its triggers by examining how mood affects cravings. Learn steps, best practices, and resources to improve eating habits.	November 24 1pm–2pm ET
Child care & parenting: Connecting with young children through communication	Learn how to communicate with young children by understanding the importance of good communication, developmental stages, and effective techniques.	November 25 1pm–2pm ET

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DECEMBER 2026 Care Talks		
Emotional wellness: Healing through forgiveness	Holding grudges can hurt relationships, health, and success. Explore the power of forgiveness, how letting go impacts your life, and the benefits of moving forward with freedom and peace.	December 3 1pm–2pm ET
Navigating disabilities: Goal setting for families supporting loved ones with disabilities	Setting realistic short- and long-term goals and creating strategies to achieve them can boost success and build positive momentum in work and life. Learn how.	December 8 1pm–2pm ET
Financial wellness: Managing your money in tough times	Today’s financial landscape demands new strategies. Learn fresh ways of thinking and actionable steps to navigate challenges so you can come out ahead.	December 9 1pm–2pm ET
Your healthy lifestyle: The connection between exercise and mental health	Exercise benefits more than the body—learn how it boosts brain health, affects your mind, and why staying active is essential for mental well-being.	December 14 1pm–2pm ET
Child care & parenting: Navigating co-parenting and blended families	Healthy family dynamics rely on communication, consistency, and respect. Gain practical tools for successful co-parenting, navigating blended family challenges, and creating a stable, supportive environment for every child to thrive.	December 15 1pm–2pm ET
Aging & adult care: Family meetings and having the care conversation	Family meetings can help reduce conflict, especially when caring for an aging loved one. We'll help you navigate difficult conversations around health, finances, legal matters, and more.	December 16 1pm–2pm ET
Succeed at work: The science of goal setting	Explore the brain science behind goal setting and learn strategies to turn intentions into lasting habits.	December 17 1pm–2pm ET