

Upcoming webinar

How to Have Constructive and Respectful Relationships During Challenging Times

Join us on December 10, 2020 to discuss the emotional impact of recent events and learn tips for interacting with others constructively and effectively.

Recent events such as the COVID-19 pandemic, civil unrest, the election and natural disasters, have brought uncertainty, rapid change, worry, stress and anxiety to our world. Join this webinar, brought to you by Magellan Healthcare, to hear Dr. Raymond Mars, in-house psychologist with the Los Angeles Police Department and trainer for Magellan Healthcare, explain how to cope during challenging times, engage in difficult conversations and focus on what we can control.

Date: Thursday, December 10, 2020

Time: 1:00 p.m. – 2:00 p.m. Eastern

Register here: <http://magellanhealth.adobeconnect.com/e1esuivy6jh6/event/registration.html>

Topic areas:

- Learn how to navigate challenging conversations respectfully
- Understand how to move forward with healing and forgiveness
- Receive coping tips and strategies to manage your mental health
- Q&A

Speaker:



Dr. Raymond Mars, Ph.D.
Los Angeles Police Department
Magellan Healthcare

Space is limited – register today!*

*Attendance is limited to 1,000 spots. Please log in early on the day of the event. If you can't make it for the live webinar, visit the Magellan Healthcare Employee Assistance Program (EAP) member website to access the recording.