

RethinkCare will offer a total of 12 webinars throughout 2025 as indicated below.

There are 5 LIVE webinars in 2025. Each live event is hosted at 12:00 PM ET / 9:00 AM PT. Click Links to Enroll for these Webinars.

All other webinars are recorded and published in the RethinkCare Platform on the fourth Thursday of the month. [Enroll or Login](#) to access our On-Demand library.



JANUARY: Building Relationships

Navigating Workplace Interactions



JULY: Collaboration

Nurturing the Parent/School Partnership



FEBRUARY: Interpersonal Skills

*Equity vs Equality Between Siblings:
When "That's Not Fair!" Becomes the
Household Phrase*



AUGUST: Belonging

*Creating a Culture of Belonging: Strategies
for Team Cohesion and Engagement*



MARCH: Advocacy

*Elevating Your Voice: Self-Advocacy
Strategies for All Employees*



SEPTEMBER: Managing Stress

*The Resilient Parent: Practical Tools to
Prevent Parental Stress and Burnout*



APRIL: Connection (Loneliness / Languishing)

Fostering Connectedness at Work



OCTOBER: Organized Living

*Strengthening Bonds: Building
Connection with Your Kids and Teens*



MAY: Mental Health

Sticking to Healthy Routines



NOVEMBER: Healthy Habits

Webinar by Proof Perfect - TBD



JUNE Allyship

*Navigating the College Transition:
A Guide for Parents*



DECEMBER: Balance (Work/Life)

*There, I said it, The Holidays Are Stressful:
Finding the Right Balance for Your
Unique Family*

Webinar descriptions listed on the following pages.

Each webinar uses neuro-affirming language and elevates the neurodiversity of our RethinkCare participants. Enroll or Login to access our "On Demand" Webinar Library [HERE](#)

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JANUARY: BUILDING RELATIONSHIPS – Available On Demand January 23rd. NAVIGATING WORKPLACE INTERACTIONS

Have you ever found yourself ruminating over the meaning of an email or interaction at work? Do you ever wonder if you said the right thing or if coworkers understood what you meant? Navigating the social expectations of the workplace can be confusing and challenging at times. This webinar intends to help you with tips to improve communication, comprehension, and social skills in professional arenas. We will discuss strategies to help you improve your communication and develop better interpersonal skills which we hope will lead to success at work.



FEBRUARY: INTERPERSONAL SKILLS | [LIVE EVENT: FEBRUARY 20, 2025](#) EQUITY VS EQUALITY BETWEEN SIBLINGS: WHEN “THAT’S NOT FAIR!” BECOMES THE HOUSEHOLD PHRASE

Parents often express a desire for their children to “want for nothing.” However, determining the appropriate limits to this aspiration can be quite challenging. This complexity is amplified in families with multiple siblings, and/or families with siblings that have more complex needs. Children, understandably so, continue to have expectations of fairness despite the varying contexts that can occur within a family. It is important to recognize that achieving fairness in every situation is not only unrealistic but also not conducive to healthy development, as each child has unique and individualized needs, even within the same family. Join us as we share ways to create the expectation of individualized needs and equitable support from parents while helping children to develop skills to cope with normal feelings of disappointment and jealousy.



MARCH: ADVOCACY Available On Demand March 27th. ELEVATING YOUR VOICE: SELF-ADVOCACY STRATEGIES FOR ALL EMPLOYEES

Self-advocacy is essential for career growth and a positive workplace experience. It involves effectively communicating your needs, requesting the necessary tools, and promoting your strengths to help you thrive in your role. This webinar will provide you with practical strategies to build confidence and empower you to advocate for yourself with colleagues, managers, and senior leaders. You’ll also learn how to navigate complex workplace dynamics, including decisions around disclosure, to foster a more inclusive and supportive environment.

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APRIL: CONNECTION (LONELINESS/ LANGUISHING) | [LIVE EVENT: APRIL 17, 2025](#) **FOSTERING CONNECTEDNESS AT WORK**

Feeling connected in the workplace is an important part of success. Connected teams nurture healthy working relationships, promote knowledge sharing, and drive collaboration. Connection in the workplace also directly correlates to employee engagement and it is one of the most important skills needed in building a productive and efficient workplace.



MAY: MENTAL HEALTH Available - On Demand May 22nd. **STICKING TO HEALTHY ROUTINES**

Research indicates that around 40% of our daily behaviors are automatic (*Neal, Wood, & Quinn, 2006*). Each day our behavior is dictated by our habits and routines. 40% of the time our brain reacts to environmental cues and our body follows through with an ingrained habitual behavior. Healthy habits and routines can support your well-being, and they are key to keeping your life moving forward, but sticking to healthy habits is easier said than done.



JUNE ALLYSHIP - On Demand June 26th. **NAVIGATING THE COLLEGE TRANSITION: A GUIDE FOR PARENTS**

As your child gear up for college, it's totally normal to feel both pride and a little bit of nervousness! Join our upcoming webinar where we will equip you with the tools and strategies to support your child (and you) during this significant time.

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JULY: COLLABORATION- On Demand July 24th. **NURTURING THE PARENT/SCHOOL PARTNERSHIP**

A strong partnership between parents and schools is essential for fostering a supportive and enriching learning environment for children. This webinar will explore navigating formal interventions, such as IEP/504 plans and other accommodations. We will also discuss building positive relationships with schools. When parents and educators collaborate effectively, it enhances the child's academic success, social development, and overall well-being. Join us as we delve into fostering a strong partnership between parents and their child's school.



AUGUST: BELONGING | [LIVE EVENT: AUGUST 21, 2025](#) **CREATING A CULTURE OF BELONGING: STRATEGIES FOR TEAM COHESION AND ENGAGEMENT**

A sense of belonging is vital for team cohesion, employee engagement, and overall success. However, many employees feel pressured to conform to norms that compromise their authenticity, leading to disconnection and lower commitment. This webinar will explore practical ways to foster trust, collaboration, and a shared sense of purpose, ensuring everyone feels valued and empowered to grow. Whether you're a team member, manager, or leader, you'll gain actionable insights to create an inclusive, supportive environment where individuals can thrive.



SEPTEMBER: MANAGING STRESS- On Demand September 25th. **THE RESILIENT PARENT: PRACTICAL TOOLS TO PREVENT PARENTAL STRESS AND BURNOUT**

Stress has been on the rise for individuals around the world due to factors such as financial strains, healthcare needs, work-life balance, and family demands. Parents in particular are much more susceptible to stress, with recent studies indicating that parental stress has become a public health issue. Demands of work and the ever-growing needs of children and teenagers in today's society often come at the price of a parent's quality time with their partner, sleep hygiene, and overall self-care. While parenting can be one of the most rewarding aspects of anyone's life, a lack of stress management can have dire effects on your personal health and well-being, as well as on the development of your children.

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OCTOBER: ORGANIZED LIVING | [LIVE EVENT: OCTOBER 16, 2025](#)
STRENGTHENING BONDS: BUILDING CONNECTION WITH YOUR KIDS AND TEENS

In today's fast-moving world, building a strong connection with your kids and teens doesn't come without its challenges. Join us to discover effective strategies to encourage open communication as well as how to build and maintain trust within your family.



NOVEMBER: HEALTHY HABITS | [LIVE EVENT: November 20, 2025](#)
FROM FUNCTIONING TO FLOURISHING: HEALTHY HABITS TO ENHANCE WELLBEING BY PROOF POSITIVE

Move from simply functioning to flourishing. This webinar provides practical tools & strategies based on the PERMA+ Theory of Wellbeing to enhance your happiness & overall well-being. Learn how to cultivate positive emotions, build strong relationships, find meaning, and achieve your goals.



DECEMBER: BALANCE (WORK/LIFE) - On Demand December 18th.
THERE, I SAID IT, THE HOLIDAYS ARE STRESSFUL: FINDING THE RIGHT BALANCE FOR YOUR UNIQUE FAMILY

The holiday season is often envisioned as a magical time. Parents reminisce about the joy in their children's eyes as they engage in cherished traditions from their own childhoods or strive to create new ones they promised to uphold. However, the pressure to meet these expectations can be intense, with each year bringing additional demands, particularly if you have a child for whom transitions, celebrations, or large gatherings with unfamiliar faces are difficult. When the festive moments become overwhelming, and do not align with the envisioned effort, it can lead to feelings of disappointment. In our webinar, we will address the unspoken challenges many face during this period, and through this openness, we will explore effective strategies for managing the holiday season. Most importantly, we aim to help you develop a plan that suits the unique needs of your family during this time.

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