# **2023 FRIDAY FORUMS**SEPTEMBER – DECEMBER SCHEDULE

On the first Friday of every month, we will launch the content.

You then have 30 days to watch the webinar, review supplemental information, complete a brief post-test and evaluation, and receive education at your fingertips with accessible CEUs.

## **QUESTIONS**

For questions on this process or getting the registration link, please email **fridayforums@avera.org**.

Avera values providing education to the community and therefore, we want to continue Friday Forums, but in a different way this year based on your feedback.

# WHAT IS THE NEW FORMAT, AND WHY THE CHANGE?

To increase flexibility of you getting the information at times that's convenient for you, we will offer asynchronous education.

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## WHO WILL THE TARGET AUDIENCE BE?

- Teachers
- Counselors
- Social Workers
- Other disciplines working with children and adolescent youth

# **HOW CAN I GIVE FEEDBACK?**

At the end of each session, you can complete evaluations about the new format.

## WHEN WILL THIS START?

Our first launch of information will be in October 2023.

## **DO I NEED TO REGISTER?**

Yes. We send out a registration link in September. Please share this link with your peers. Via email, you'll receive the new CEU information the first Friday of every month.

# WHAT IS THE CONTENT THIS YEAR?

- Helping Parents Know How to Respond to Wanted Behaviors
- When Worry becomes Avoidance: How Do We Help Parents to Change the Pattern of Avoidance
- Social Comparisons: Helping Parents Understand Impact of Social Media and Social Comparisons
- Physical Health and Mental Health: A Message for Parents to Understand the Relationship

