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| **2021 Public Education Webinar Series** |
| **Helping Kids with Anxiety and Depression: Strategies for Parents & Caregivers** Erika Vivyan, PhD December 8, 2021 Recorded |
| **Apps for Anxiety and Depression**  In Partnership with One Mind PsyberGuide  November 5th, 2021 Reorded |
| **When Autism and Depression Come Together: What We Know, How to Manage, and Key Resources**  In Partnership with SPARK  Shuting Zheng, PhD, BCBA, Rebecca Sachs, PhD, and Dena Gassnet, MSW  October 26, 2021  Live |
| **Self-Compassion: The Art of Tending to your Struggles with Love-Kindness Instead of Self-Criticism**  Kimberley Quinlan, LMFT  October 6, 2021  Recorded |
| **Get Unstuck from Depression and Anxiety with Acceptance and Commitment Therapy**  Diana Hill, PhD and Katy Rothfelder  September 24, 2021  Recorded |
| **CBT for Depression: The Basics** Robert Hindman, PhD September 10, 2021 Recorded |
| **Does Your Child Have Anxiety or OCD?** Eli Lebowitz, PhD Thursday, September 9, 2021 Initially a Live Webinar |
| **Building Resilience: How Families Can Prepare for the Uncertain School Year Ahead** Mary Karapetian Alvord, PhD, Dana Kornfeld, MD, and Beth Salcedo, MD Wednesday, August 14, 2021 Initially a Live Webinar |
| **A Roadmap for OCD Treatment Options: Outpatient, Intensive, and Residential**  Nathaniel Van Kirk, PhD Wednesday, August 11, 2021 Recorded |
| **Thriving with Anxiety and Depression**  Ashley J. Smith, PhD  Friday, July 23, 2021  Initially a Live Webinar |
| **Panic Attacks: What Are the Symptoms and What Are Helpful Ways Of Addressing Them?**  Dave Carbonell, PhD  Thursday, June 10, 2021  Initially a Live Webinar |
| **Mindfulness Based CBT to Move Past Intrusive Thought OCD**  Debra Kissen, PhD, MHSA and Paul Greene, PhD  Thursday, May 20 Initially a live Webinar |
| **How to Overcome COVID Re-Entry Anxiety** Debra Kissen, PhD, MHSA and Ken Goodman, LCSW and David Rosmarin, PhD, ABPP  Friday, May 1021  Initially a live webinar |
| **Cognitive Behavioral Therapy for Insomnia (CBT-I)**  Virginia Runko, PhD, CBSM  Thursday, April 22, 2021  Recorded |
| **How to Free Yourself from the Fear of Vomit and Reclaim Your Lie**  Ken Goodman, LCSW  Thursday, February 25, 2021  Initially a live webinar |
| **What is Depression (Spanish Webinar)**  Karen Martinez, MD, MDc Wednesday, February 17, 2021  Recorded |
| **Marijuana and CBD: Benefit of Harm for Anxiety** Robert Yielding, PsyD Monday, February 15, 2021 Recorded |
| **Health Anxiety Part 2: Learn How to Face Your Fear of Death and Overcome Health Anxiety** Ken Goodman, LCSE  Tuesday, January 5, 2021  Initially a live webinar |