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| **2021 Public Education Webinar Series** |
| **Helping Kids with Anxiety and Depression: Strategies for Parents & Caregivers**Erika Vivyan, PhDDecember 8, 2021Recorded |
| **Apps for Anxiety and Depression**In Partnership with One Mind PsyberGuideNovember 5th, 2021Reorded |
| **When Autism and Depression Come Together: What We Know, How to Manage, and Key Resources**In Partnership with SPARKShuting Zheng, PhD, BCBA, Rebecca Sachs, PhD, and Dena Gassnet, MSWOctober 26, 2021Live |
| **Self-Compassion: The Art of Tending to your Struggles with Love-Kindness Instead of Self-Criticism** Kimberley Quinlan, LMFTOctober 6, 2021Recorded |
| **Get Unstuck from Depression and Anxiety with Acceptance and Commitment Therapy**Diana Hill, PhD and Katy RothfelderSeptember 24, 2021Recorded |
| **CBT for Depression: The Basics**Robert Hindman, PhDSeptember 10, 2021Recorded |
| **Does Your Child Have Anxiety or OCD?**Eli Lebowitz, PhDThursday, September 9, 2021Initially 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, MDWednesday, August 14, 2021Initially a Live Webinar |
| **A Roadmap for OCD Treatment Options: Outpatient, Intensive, and Residential**Nathaniel Van Kirk, PhDWednesday, August 11, 2021Recorded |
| **Thriving with Anxiety and Depression**Ashley J. Smith, PhDFriday, July 23, 2021Initially a Live Webinar |
| **Panic Attacks: What Are the Symptoms and What Are Helpful Ways Of Addressing Them?**Dave Carbonell, PhDThursday, June 10, 2021Initially a Live Webinar |
| **Mindfulness Based CBT to Move Past Intrusive Thought OCD**Debra Kissen, PhD, MHSA and Paul Greene, PhDThursday, May 20Initially a live Webinar |
| **How to Overcome COVID Re-Entry Anxiety**Debra Kissen, PhD, MHSA and Ken Goodman, LCSW and David Rosmarin, PhD, ABPPFriday, May 1021Initially a live webinar |
| **Cognitive Behavioral Therapy for Insomnia (CBT-I)**Virginia Runko, PhD, CBSMThursday, April 22, 2021Recorded |
| **How to Free Yourself from the Fear of Vomit and Reclaim Your Lie**Ken Goodman, LCSWThursday, February 25, 2021Initially a live webinar |
| **What is Depression (Spanish Webinar)**Karen Martinez, MD, MDcWednesday, February 17, 2021Recorded |
| **Marijuana and CBD: Benefit of Harm for Anxiety**Robert Yielding, PsyDMonday, February 15, 2021Recorded |
| **Health Anxiety Part 2: Learn How to Face Your Fear of Death and Overcome Health Anxiety**Ken Goodman, LCSETuesday, January 5, 2021Initially a live webinar |