

KP Mental Wellness Workshops and Videos

Open to members and **non-members**!

Virtual Live or On Demand Workshops

- ❖ Mindfulness Practice
- ❖ Anxious to Calm
- ❖ Understanding Depression
- ❖ Navigating Anger
- ❖ Creating Balance: Effectively Manage Work Stress
- ❖ Couples Communication
- ❖ Parenting
- ❖ Healing After Loss
- ❖ Investing in My Health: One Day at a Time



QR Code
Use camera on phone

Informational Webinar Videos

KP Has created videos on a range of important mental health topics:
Click on title to launch content

- ❖ [Growing Through Loneliness - 18 minutes](#)
- ❖ [Positive Parenting Tips – 32 minutes](#)
- ❖ [Autism Spectrum Disorder – 30 minutes](#)
- ❖ [Anger Management – 26 minutes](#)
- ❖ [Building Healthy Habits – 24 minutes](#)
- ❖ [Managing Grief and Loss – 23 minutes](#)
- ❖ [Managing Stress – 45 minutes](#)
- ❖ [ADHD Overview – 20 minutes](#)