



Spring Education Series

#1: Sleep Wellness

Wednesday, March 17 @ 12:00

Pre-register here: <http://bit.ly/3qbV4br>

**#2: Building Resiliency
through Safe Connections**

Co-hosted with STAR Alaska in honor of
Sexual Assault Awareness Month

Wednesday, April 14 @ 6:00 pm

Pre-register here: <http://bit.ly/3rgnHFE>

**#3: Managing
Depression & Anxiety:
Role of Medications**

Wednesday, May 12 @ 6:00 pm

Pre-register here: <http://bit.ly/3e5EAPD>