

# 2024 BEHAVIORAL HEALTH EDUCATION SERIES



## Substance Use

**Is substance use a concern?** Our webinars will help you learn more about physical, behavioral and emotional signs, as well as offer coping techniques and support. These webinars are free and are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these webinars and you'll receive a reminder once the event date gets closer.

The **Substance Use Disorder** webinars take place on the **third Wednesday** of each month, January–October. Please mark your calendar today.

| DATE/TIME                                       | TITLE                                     | PRESENTER   |
|---|---|---|
| Wednesday, April 17, 2024<br>1:00 pm–2:00 pm ET | No Addict Left Behind                     | Joey Pagano, MSW, LSW, CRS<br>SUD specialist and author                                       |
| Wednesday, May 15, 2024<br>1:00 pm–2:00 pm ET   | Monument (SUD/MAT/supports related topic) | Dan Erstad VC-Commercial, Stephanie Garrison Clinical Team Lead, & Zachary Rogers<br>Monument |
| Wednesday, June 19, 2024<br>1:00 pm–2:00 pm ET  | Pain Reprocessing Therapy Group           | Paulina Soble, LCSW- Director of Operations<br>Pain Reprocessing Therapy Center               |

These webinars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.



These are general information health seminars. The information provided is not meant to replace the care or advice of a health care professional. You should always ask your doctor for proper care or treatment advice. If you are a Cigna customer and have specific questions about your medical or behavioral benefits, please call 800.274.7603 to speak with a Health Advocate. If you have a medical emergency, please visit the nearest hospital or call 911.

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