

Mental Health Webinar Series

Sleep Hygiene: a discussion with Dr. Gruber & Dr. Pinestri



Wednesday April 27th
10:30 AM - 12PM

Learn more here
& register for free

These discussion-style webinars will be led by Dr. Cindy Finn. You will be given the opportunity to participate during the sessions. However, if you have any specific questions related to the topics you would like discussed by our experts during the webinar, please feel free to write to us at discussion@lceeque.ca or add it to your registration. All details about the sessions and speakers can be found on the registration pages (click the box above or below).

Social Connections: a discussion with Dr. Bukowski & Russ Kueber



Wednesday May 25th
10:30 AM - 12PM

Learn more here
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