

YOU'RE NOT ALONE

Learn more about behavioral disorders
in children and adolescents

Sign up for free seminars on behavioral health awareness.

Understanding behavioral disorders can be hard. Knowing how to help someone who has one can be even harder.

We understand, and we're here to help – starting with education. We host monthly seminars to help you learn more about behavioral disorders in children and adolescents. And we offer expert information on coping techniques and caregiver support.

It's free. It's confidential. And it may be just what you need to make a difference.

Real information on real issues.

Each seminar focuses on a different topic. New seminars are featured every month. And each is presented by an industry expert.



1 in 6 U.S. youth age
6-17 experience a mental
health disorder each year.*



Learn more today.

Sign up for our Behavioral Health Awareness for Children and Families series at [Cigna.com/childrenfamilies](https://www.cigna.com/childrenfamilies). You can also listen to replays of past seminars at this site.

* National Alliance on Mental Health, September, 2019 <<https://www.nami.org/learn-more/mental-health-by-the-numbers>>.

Together, all the way.®



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