

### Registration Information

Go to **Vayahealth.com**, Hover over **Get Involved** Tab,  
Click on **Calendar of Events**,  
Click on desired class to register.

For more information, please contact Jeffrey  
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**Geriatric and Adult Mental Health  
Specialty Team**

## **Webinar Schedule 2022**

Date	Time	Topic
January 14, 2022	10:00-11:00am	I'm Covered Up: What You Need to Know about Hoarding
January 14, 2022	11:15am-12:15pm	OCD: Supporting People with Obsessions and Compulsions
January 25, 2022	1:30-2:30pm	I'm Covered Up: What You Need to Know about Hoarding
January 25, 2022	2:45-3:45pm	OCD: Supporting People with Obsessions and Compulsions
February 11, 2022	10:00-11:00am	Depression: From Surviving to Thriving
February 11, 2022	11:15am-12:15pm	Antidepressants: Not Just for Depression
February 22, 2022	1:30-2:30pm	Depression: From Surviving to Thriving
February 22, 2022	2:45-3:45pm	Antidepressants: Not Just for Depression
March 11, 2022	10:00-11:00am	Enhancing Mental Health with Alternative Treatment part 1
March 11, 2022	11:15am-12:15pm	Enhancing Mental Health with Alternative Treatment part 2
March 22, 2022	1:30-2:30pm	Enhancing Mental Health with Alternative Treatment part 1
March 22, 2022	2:45-3:45pm	Enhancing Mental Health with Alternative Treatment part 2
April 8, 2022	10:00-11:00am	Bipolar Extreme Mood Variation- Is There Stability?
April 8, 2022	11:15am-12:15pm	Keeping the Balance: Mood Stabilizing Medications
April 26, 2022	1:30-2:30pm	Bipolar Extreme Mood Variation- Is There Stability?
April 26, 2022	2:45-3:45pm	Keeping the Balance: Mood Stabilizing Medications
May 13, 2022	10:00-11:00am	Posttraumatic Stress Disorder: Invisible Scars
May 13, 2022	11:15am-12:15pm	Crisis Prevention: Keeping Cool Under Pressure
May 24, 2022	1:30-2:30pm	Posttraumatic Stress Disorder: Invisible Scars
May 24, 2022	2:45-3:45pm	Crisis Prevention: Keeping Cool Under Pressure
June 10, 2022	10:00-11:00am	Anxiety: Calming the Anxious Mind
June 10, 2022	11:15am-12:15pm	Coping with Anxiety: Medications and More
June 28, 2022	1:30-2:30pm	Anxiety: Calming the Anxious Mind
June 28, 2022	2:45-3:45pm	Coping with Anxiety: Medications and More
July 8, 2022	10:00-11:00am	Dementia & Psychosis Behavior: What You Need to Know
July 8, 2022	11:15am-12:15pm	Overcoming Communication Barriers in Dementia
July 26, 2022	1:30-2:30pm	Dementia & Psychosis Behavior: What You Need to Know
July 26, 2022	2:45-3:45pm	Overcoming Communication Barriers in Dementia