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HelpNet Webinar November 2026

5 Strategies to Actually Enjoy the Holidays This Year

So often, the holidays are depicted as a time of blissful good cheer and family connection. Why do so many of us feel busy, pressured, or lonely each year instead? You have the power to do it differently this time around, no matter what the holidays hold for you. All you need is a strategy that works. This seminar will share five tips to actually enjoy the holidays this year and will guide you in creating a customized plan to apply them to your personal holiday situation.

Available On Demand

Starting November 1

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