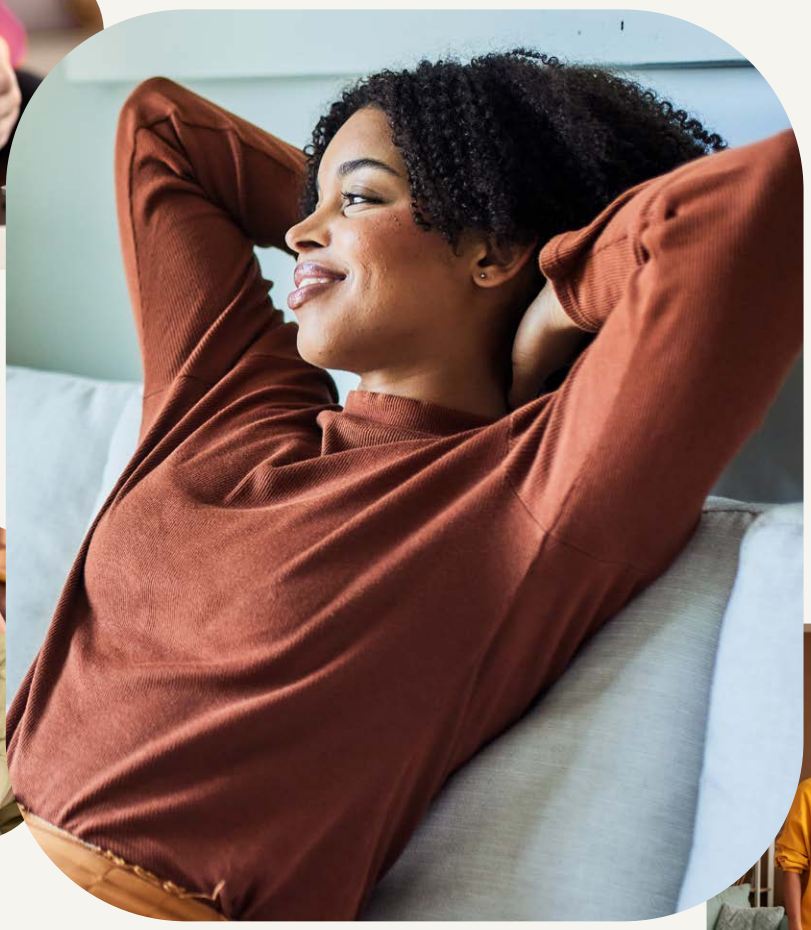
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2026 Guide

Care Talks

Live and on-demand webinars offering expert insights to help you navigate life.

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About Care Talks

Care Talks, available at no cost to you, are expert-led webinars that can help you thrive in all areas of life—personally, professionally, and everything in between.

In 2026, we will be offering seven sessions per month across the following topics:

Aging & adult care
Gain knowledge to help support your aging loved ones and navigate the challenges that come with aging.

Child care & parenting
Gain insights and learn strategies to help raise healthy and well-rounded children.

Navigating disabilities
Get support and guidance on how to raise a child or care for a loved one with a disability.

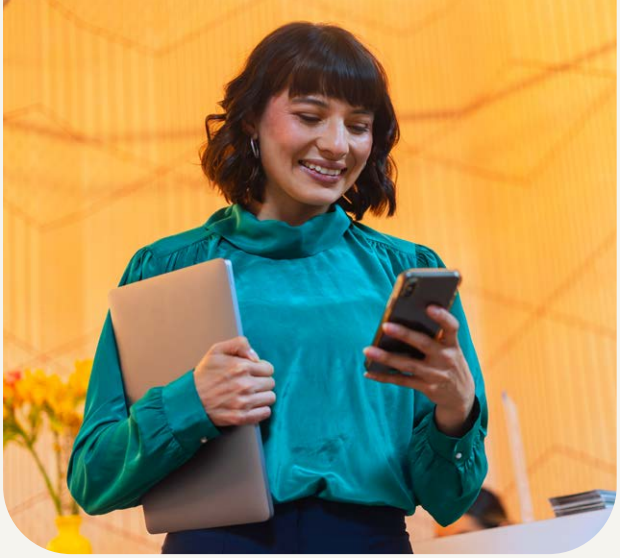
Emotional wellness
Learn tips and techniques to manage stress and navigate life's challenges.

Financial wellness
Explore strategies for planning your financial future and managing money to meet your goals.

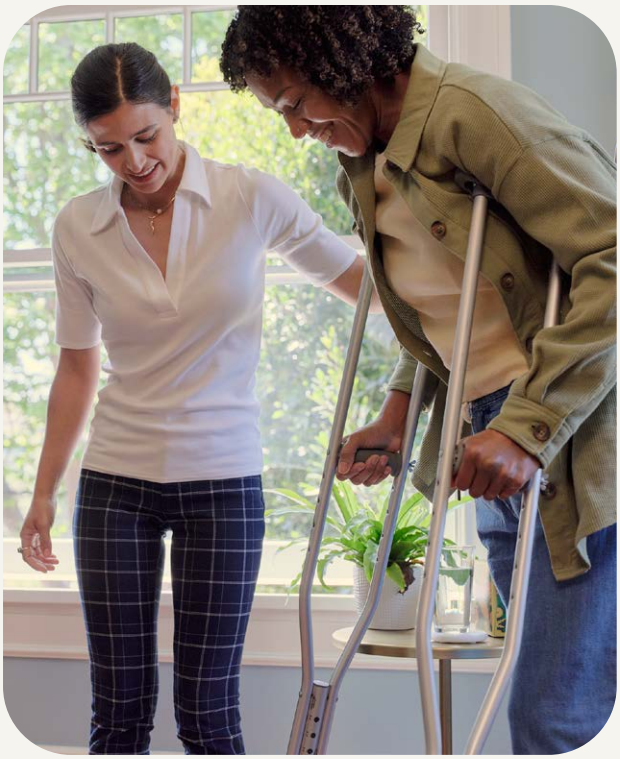
Succeed at work
Learn strategies to improve your skills, advance your career, adapt to workplace change, and perform to your potential.

Your healthy lifestyle
Get guidance and support from lifestyle experts to help you feel your best.

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1pm ET | 12pm CT | 11am MT | 10am PT







Registration is fast and easy:

1. Simply log in to your CareBenefits account online or via the app
2. Navigate to the Care Talks section on the homepage
3. Register for the sessions you like with the click of a button

Missed a past session?
You'll find recordings of past Care Talks there, too.





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January

8th Emotional wellness:
Bounce back stronger in the new year

13th Navigating disabilities:
Empowering every stage of life

14th Financial wellness:
Budgeting basics

15th Succeed at work:
Creating a positive work environment

21st Aging & adult care:
Self care solutions for stressed family caregivers

27th Your healthy lifestyle:
Creating an annual well-being plan

28th Child care & parenting:
Helping children thrive in college, careers, and beyond



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February



5th Emotional wellness:
The power of asking for help

10th Navigating disabilities:
Financial planning for families with disabilities

11th Financial wellness:
Managing money with confidence

18th Aging & adult care:
The brain and heart health connection

19th Succeed at work:
Emotional intelligence

24th Your healthy lifestyle:
Your healthy heart

25th Child care & parenting:
Plan ahead for summer child care

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March

5th Emotional wellness:
Get smart about brain health

10th Navigating disabilities:
Guiding your child with disabilities into adulthood

11th Financial wellness:
Talking about money in uncertain times

18th Aging & adult care:
Sleep science and relaxation to calm caregivers

19th Succeed at work:
Overcoming procrastination

24th Your healthy lifestyle:
The science of a better sleep

25th Child care & parenting:
Children's nutrition 101



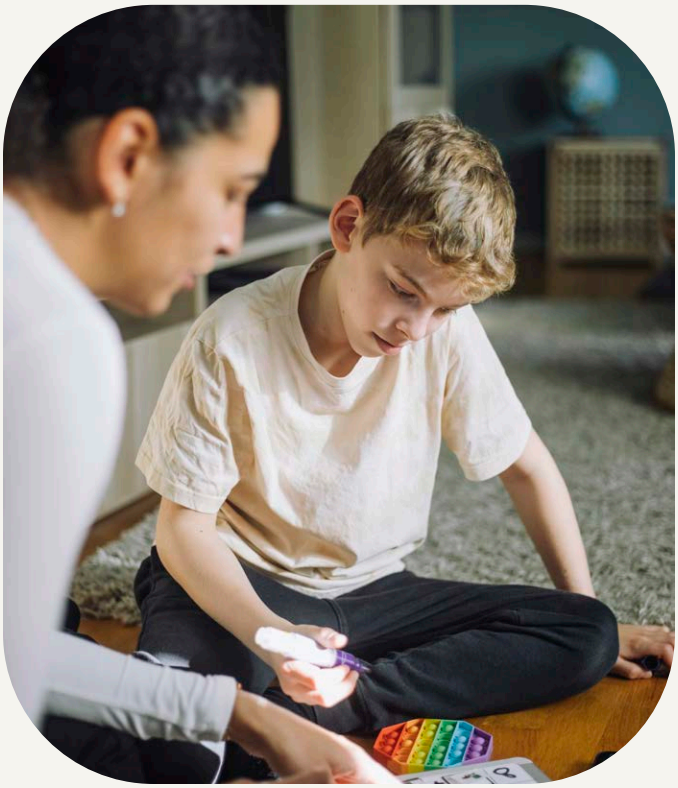
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April



2nd Emotional wellness:
Stress management

8th Financial wellness:
Overcoming debt

14th Navigating disabilities:
Autism awareness and support

15th Aging & adult care:
Making home a safe and serene sanctuary

16th Succeed at work:
Using AI to your advantage

22nd Child care & parenting:
Parenting in the age of AI

28th Your healthy lifestyle:
Healthy meal planning

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May

7th Emotional wellness:
Mental health overview

12th Navigating disabilities:
Empowering kids and adults with ADHD

13th Financial wellness:
Spend smarter, save better

20th Aging & adult care:
Understanding caregiver burnout

21st Succeed at work:
Managing work and life

26th Your healthy lifestyle:
The power of daily movement

27th Child care & parenting:
Building children's healthy habits through activity



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June

4th Emotional wellness:
Understanding compassion fatigue

9th Navigating disabilities:
Mental health support for adults with disabilities

10th Financial wellness:
Building good credit

17th Aging & adult care:
From driver's seat to passenger seat: senior driving challenges and conversations

18th Succeed at work:
Maximizing your time



23rd Your healthy lifestyle:
Eating right for life

24th Child care & parenting:
Managing fear and anxiety in children

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July

2nd Emotional wellness:
Loneliness myths, benefits, and how to overcome it

8th Financial wellness:
Investment basics

14th Navigating disabilities:
The role of nutrition and movement in disability health

15th Aging & adult care:
Caregiver 911: how to prepare for emergencies

16th Succeed at work:
Staying strong and resilient

22nd Child care & parenting:
Guiding teens through relationship challenges with confidence

28th Your healthy lifestyle:
The gut brain connection



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August

6th Emotional wellness:
Embracing a life of happiness

11th Navigating disabilities:
School success for kids with disabilities

12th Financial wellness:
Financial wellness and moving forward

19th Aging & adult care:
Helping older loved ones make the right housing choices

20th Succeed at work:
Juggling act: the “5 buckets principle”



25th Your healthy lifestyle:
The benefits of nutrition and proactive health

26th Child care & parenting:
Back-to-school success strategies for every age

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September

3rd Emotional wellness:
Embracing the practice of self care

8th Navigating disabilities:
Supporting your child's mental health alongside their disability

9th Financial wellness:
Planning your financial future

16th Aging & adult care:
Alzheimer's disease & dementia care

17th Succeed at work:
Tips for staying calm, cool, and collected

22nd Your healthy lifestyle:
Embracing life at every age

23rd Child care & parenting:
Resiliency for working parents



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October

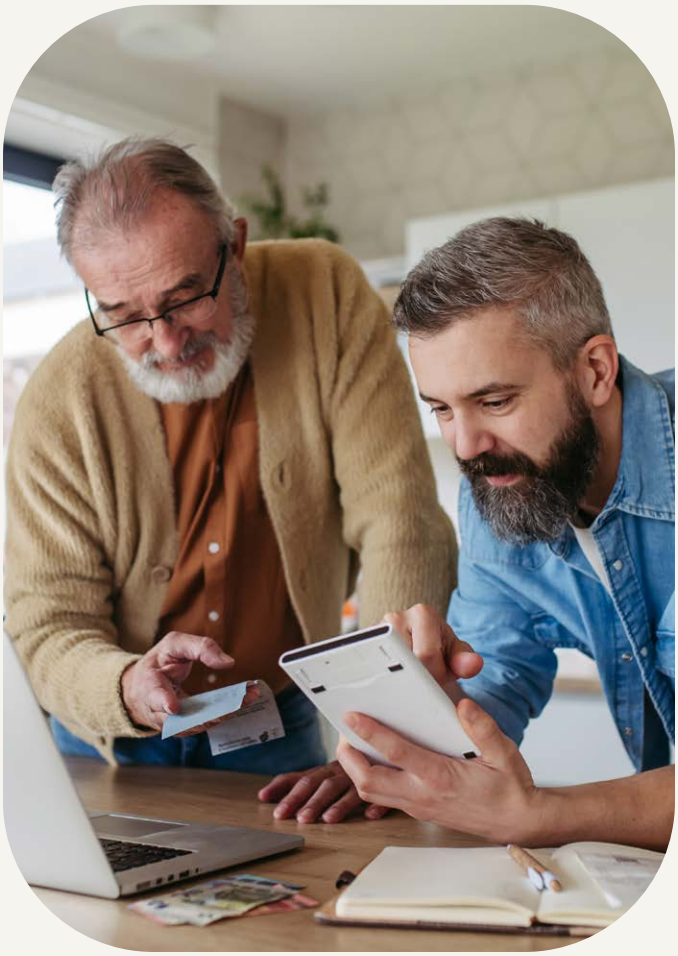
1st Emotional wellness:
The mindset of mental toughness

13th Navigating disabilities:
Understanding colleagues with autism

14th Financial wellness:
Preventing identity theft

15th Succeed at work:
The positive effects of self esteem on performance

21st Aging & adult care:
The cost of care and planning for the future



27th Your healthy lifestyle:
Green tips for the home

28th Child care & parenting:
How to protect your child from bullying

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November

5th Emotional wellness:
Unlocking the joy of gratitude

10th Navigating disabilities:
Healthy habits for the holidays

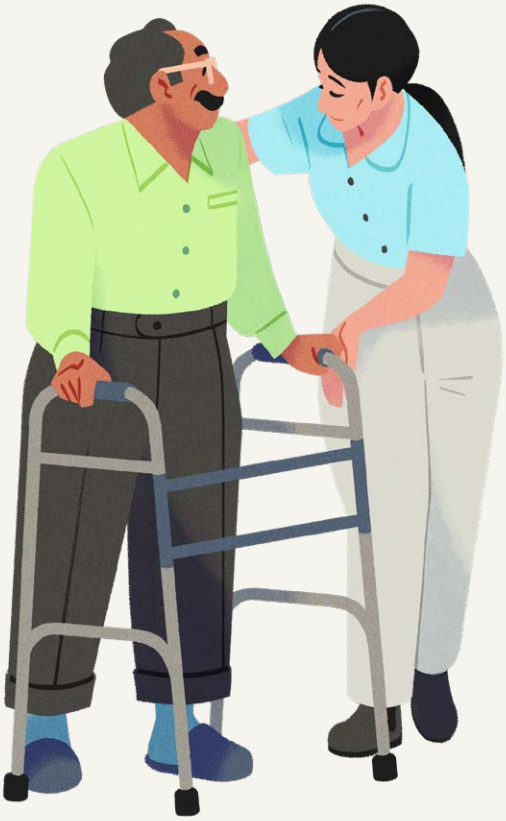
11th Financial wellness:
Holiday budgeting

18th Aging & adult care:
Tech tools that make caregiving easier

19th Succeed at work:
Healthy boundaries, healthy relationships

24th Your healthy lifestyle:
Understanding emotional eating

25th Child care & parenting:
Connecting with young children through communication



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December



3rd Emotional wellness:
Healing through forgiveness

8th Navigating disabilities:
Goal setting for families supporting loved ones with disabilities

9th Financial wellness:
Managing your money in tough times

14th Your healthy lifestyle:
The connection between exercise and mental health

15th Child care & parenting:
Navigating co-parenting and blended families

16th Aging & adult care:
Family meetings and having the care conversation

17th Succeed at work:
The science of goal setting

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