

# Summer can still be summer.

You and your family are facing emotional challenges every day. Cigna has emotional well-being resources ready to help you all survive and thrive this summer.



## The Behavioral Awareness Series for Children and Families

This group of free upcoming and on-demand seminars includes:

- [Parenting the Anxious Child](#)
- [Benefits of Family Meals](#)
- [Meltdown Management](#)

For the complete list of resources [Learn more](#).

The pandemic has created a lot to take in emotionally. Cigna has a full range of resources ready at the [COVID-19 Resource Center](#).

## Get ready to survive and thrive this summer.

**Together, all the way.®**

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