

Mental Health Awareness Month

MAY 2025 WEBINAR SERIES

Join us for a special series of webinars every week this May to support your mental health. Please attend as your work duties allow. All sessions will be recorded.



Thursday, May 8 | noon to 1 p.m. Pacific time
[The New Parent Puzzle: Managing Stress, Mental Health, and Maternal Well-Being](#)

Learn how to navigate stress and thrive in this rewarding yet demanding role. Hosted by Calm and Kaiser Permanente. Open to KP employees and general public.



Thursday, May 15 | noon to 1 p.m. Pacific time
[From Overwhelmed to Empowered: A Live Conversation on Mental Health for Parents](#)

At this Dear Headspace event, experts will answer your live questions about navigating parental stress, managing emotions, and more. Hosted by Headspace and Kaiser Permanente. Open to KP employees and general public.



Thursday, May 22 | 12:30 to 1:30 p.m. Pacific time
[Preventing Burnout at Work](#)

Join us for a fireside chat with CEO of Calm, David Ko, where we'll explore practical strategies to recharge and manage workplace stress. Open to all KP employees. Limited to 1,000 attendees.



Friday, May 30 | noon to 1 p.m. Pacific time
[Navigating Difficult Conversations with Your Children and Teens](#)

Learn effective communication techniques to foster trust, understanding, and emotional resilience with your children and teens. Hosted by the Pride@KP, WomenEmpowered@KP, and Veterans@KP Business Resource Groups (BRGs). Open to all KP employees.



Access additional workforce mental health resources at kp.org/employeementalhealth.