

Every month, you are invited to participate online at deeroaks.com in a live, topical chat with a Deer Oaks counselor.



Chats are held from 12:15 PM to 12:45 PM CST and from 6:00 PM to 6:30 PM CST every third Wednesday of the month and are conducted in both audio and text.

Come Join Us!

2011 Chat Topics

January 19, 2011: Cultivating Initiative

February 16, 2011: The Sandwich Generation-Caring for the Caregiver

March 16, 2011: Communicating with Sensitivity

April 20, 2011: Dealing with Difficult People

May 18, 2011: Building Healthy Relationships

June 15, 2011: Grief and Death

July 20, 2011: Sleep and You

August 17, 2011: Chronic Illness and Stress

September 21, 2011: Breaking the Cycle of Codependency

October 19, 2011: Smoking Cessation

November 16, 2011: Stress and Overeating

December 21, 2011: Thinking Positively