



CareBenefits™
by Care.com



2026 Guide

Care Talks

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



Register for Care Talks today
care.com/yourbenefits



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

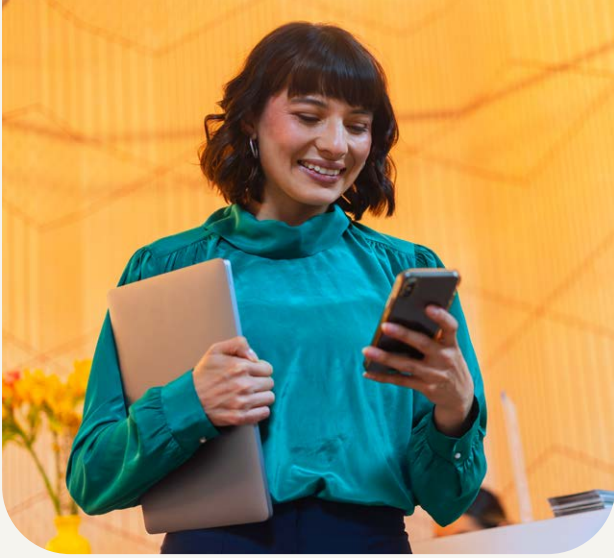
Learn strategies to improve your skills, advance your career, adapt to workplace change, and perform to your potential.

Your healthy lifestyle

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

All Care Talks take place at:

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.



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**



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

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



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

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



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



July

2nd

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

22nd

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

8th

Financial wellness:
Investment basics

28th

Your healthy lifestyle:
**The gut brain
connection**

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**



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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

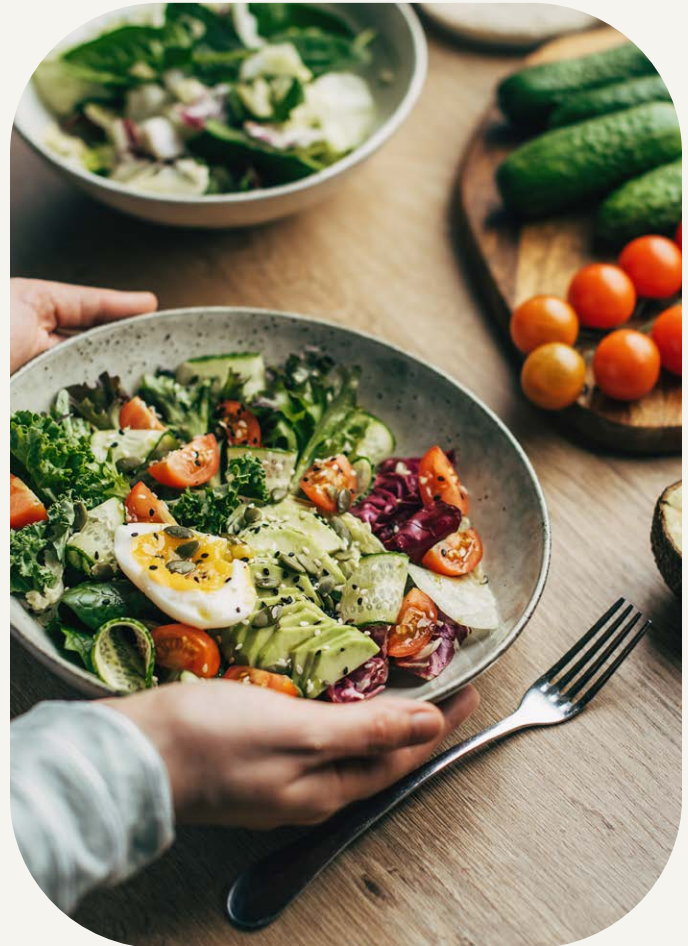
Aging & adult care:

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

22nd

Your healthy lifestyle:
Embracing life at every age

8th

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

23rd

Child care & parenting:
Resiliency for working parents

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



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



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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