

1. Self Talk in People with Down Syndrome Webinar (11/10/2021)
 - a. <https://www.youtube.com/watch?v=ZuQ3CcZ8p6o>
2. Mental Health Causes for Behavior Change During Pandemic for Adolescents/Adults with Down Syndrome
 - a. <https://adscresources.advocatehealth.com/mental-health-causes-for-behavior-change-during-a-pandemic-webinar-recording-3282021/>
3. There's Ups and Downs: A Parental Wellness Series: Understanding Problem Behavior
 - a. <https://www.youtube.com/watch?v=zKdvLIOQFBs>
4. Down Syndrome Across the Lifespan, Addressing Medical, Psychosocial Needs in Healthcare Setting
 - a. <https://www.youtube.com/watch?v=8fBS7BJojcQ>
5. Mindsets Study | Impact of Exercise on Physical and Cognitive Health of Adults with Down Syndrome
 - a. <https://www.youtube.com/watch?v=9ioNSU6Ukm4>
6. Behavior Changes in Individuals with Down Syndrome Webinar (2/23/2023)
 - a. <https://www.youtube.com/watch?v=6ybQ8Fka4FE>
7. Behavior Changes in Adolescents and Adults with Down Syndrome Webinar (4/28/2020)
 - a. <https://www.youtube.com/watch?v=6HYTMmmSKmE>
8. Sensory Processing Strategies to Promote Mental Wellness in People with DS Webinar (5/11/2022)
 - a. <https://www.youtube.com/watch?v=QOb82XjQxF0>
9. The Groove in People with Down Syndrome Webinar (8/25/2021)
 - a. https://www.youtube.com/watch?v=Ma_teyTSLNQ
10. Addressing Common Health Conditions in Adults with DS (2/10/2021)
 - a. <https://www.youtube.com/watch?v=XFHxiWm4Rus>
11. Supporting People with Down Syndrome in Living a Healthy Lifestyle Webinar (5/12/2021)
 - a. <https://www.youtube.com/watch?v=CScrxjx-O-Mw>

12. Part 1: The Essential Messages of Trauma Responsive Practice
 - a. <https://www.youtube.com/watch?app=desktop&v=rUK0eHv1N4o>
13. Part 2: Understanding Traumatic Stress Responses
 - a. <https://www.youtube.com/watch?v=123qI3an4fw>
14. Behavior and Mental Health: The Missing Piece in the Wellness Puzzle for Adults with DS
 - a. <https://register.gotowebinar.com/register/4935145136632342274>
15. Feeling Down, Looking Up: Mental Health and Down Syndrome
 - a. https://www.youtube.com/watch?v=0vzei1VY_4U