

**Monthly Online Seminar Title**

toll-Free: **800-633-3353**

**www.MYGROUP.com**

**EMPLOYEE ASSISTANCE PROGRAM**

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| **JAN** | **FREE YOURSELF**  Becoming organized and clutter-free | **Everything in Its Place:  Getting Organized**  Available on demand starting **JAN 16th** | When we are not organized, we waste precious time and  create chaos in our lives. Minimize the stress and maximize  the tranquility that comes from putting everything in its place. |
| **FEB** | **BFF**  Being your own  best friend | **Self-Care: Remaining Resilient**  Available on demand starting **FEB 20th** | Learn to identify ongoing symptoms of stress and  how to find a healthy approach to the demands  of work and home. |
| **MAR** | **STAYING ON TRACK**  Budgeting and personal finances | **Your Routine Financial Check-up**  Available on demand starting **MAR 20th** | Examine your finances from a variety of perspectives,  and review and prioritize all of your debts as you  explore your assets. |
| **APR** | **KEEP IT KIND**  Creating positive  interactions | **Maintaining Respect and  Civility in the Workplace**  Available on demand starting **APR 17th** | Identify methods to assertively address inappropriate  conduct within the workplace to promote a healthy  work environment. |
| **MAY** | **LIFE 101**  Basic skills of adulthood | **DIY: Apps and Guides for Household Management**  Available on demand starting **MAY 15th** | Get a helpful overview of key household management  items, as well as links to guides and apps to help you  keep track of it all. |
| **JUN** | **RISE UP!**  Reducing sedentary behavior | **Improve Your Health with Proper Ergonomics and Frequent Movement**  Available on demand starting **JUN 19th** | Research has found that a sedentary lifestyle is just as  or more harmful than smoking. But we can impact this  by incorporating frequent movement into our lives! |
| **JUL** | **GROCERY RUN**  Making sense of nutritional information | **Eating Your Way to Wellness**  Available on demand starting **JUL 17th** | This session focuses on the USDA’s MyPlate with tips  and resources on how to eat your way to better and  long-lasting health. |
| **AUG** | **AGES & STAGES**  The new developmental milestones | **Technology and Keeping  Your Kids Safe**  Available on demand starting **AUG 21st** | The seminar touches on the risks facing children online.  You’ll learn helpful tips, from where to locate the  computer in the home to available parental computer  monitoring programs. |
| **SEP** | **GPS!**  Charting a course to  reach your goals | **Creating a Personal  Development Plan**  Available on demand starting **SEP 18th** | Participate in this session to understand effective  goal setting and identify potential obstacles that  can create barriers to reaching your goals. |
| **OCT** | **BOUNCE BACK**  Recovering from  stressful situations | **A Personal Guide to Building  Resiliency and Coping with Change**  Available on demand starting **OCT 16th** | It’s not what happens to us but how we respond  to what is happening to us. This seminar will  empower you to become more resilient. |
| **NOV** | **TALKING TOGETHER**  Family conversations about aging | **Caring for Aging Relatives**  Available on demand starting **NOV 20th** | Older relatives may require more care than family or  neighbors can provide. This seminar is a helpful first  step to determine what kind of care is needed. |
| **DEC** | **JUST ASK**  Asking for what  you need | **Say What You Mean the Right Way: Healthy Forms of Communication**  Available on demand starting **DEC 18th** | There are many ways to communicate how you feel  to the people in your life. Explore how you can use  communication to strengthen your relationships. |



**Monthly Theme**

**Online Seminar Description —** Online seminars can   
be found on your home page, or you can search for them by title.