

2018

CALENDAR EMPLOYEE ASSISTANCE PROGRAM



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

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