

YOUR EMPLOYEE ASSISTANCE PROGRAM

WHATEVER YOU NEED,
WE ARE HERE TO HELP.



Promotional Calendar

	THEME	ONLINE SEMINAR	DESCRIPTION
			Seminars can be found on your home page, or you can search for them by title.
JAN	Workplace Relationships	<i>Building Positive Relationships at Work</i> Available on Demand Starting Jan 15th	Examine patterns in our workplace relationships and how we can alter our approach to make them positive.
FEB	Recognizing a Need for Support	<i>Mental Health First Aid</i> Available on Demand Starting Feb 19th	Recognize the signs of someone who might be facing emotional concerns, and learn best practices for offering support.
MAR	Respecting Each Other	<i>Interpersonal Communication: Social Skills for Success</i> Available on Demand Starting Mar 19th	Explore verbal and nonverbal communication to better understand how interpersonal communication may be interpreted by others.
APR	Resilience	<i>Understanding Resilience</i> Available on Demand Starting Apr 16th	Delve into techniques for becoming more resilient, and understand that the first step is acknowledging one's own feelings.
MAY	Prioritizing Wellbeing	<i>Healthy Mind Toolkit</i> Available on Demand Starting May 21st	Learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in your "healthy mind toolkit."
JUN	Mindfulness and Focus	<i>Mindfulness Matters</i> Available on Demand Starting Jun 18th	Explore basic mindfulness principles and learn some techniques that you can put to immediate use.
JUL	Managing Pressure and Balancing Priorities	<i>Making a Life While Making a Living: Work-Life Balance</i> Available on Demand Starting Jul 16th	Identify strategies to be more effective and more satisfied with both home and work lives.
AUG	Tools for Financial Wellbeing	<i>Effective Budgeting</i> Available on Demand Starting Aug 20th	Develop better skills for tracking spending, reducing debt, and developing a personal plan for financial success.
SEP	Making the Best Use of Your Time	<i>Maximizing Your Day: Effective Time Management</i> Available on Demand Starting Sep 17th	Better understand basic time management principles and what characteristics make effective time managers.
OCT	Positive Emotional Health	<i>Emotional Wellness: Building Better Mental Health</i> Available on Demand Starting Oct 15th	Gain coping strategies for dealing with adversity in a constructive way, and develop structured mechanisms for building better mental health.
NOV	Support for Caregivers	<i>The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving</i> Available on Demand Starting Nov 19th	Identify common family dynamics, gain insight on knowing when it's time for additional caregiving support resources, and explore self-care techniques.
DEC	Creating Stronger Relationships	<i>Examining Relationships: Healthy vs. Unhealthy</i> Available on Demand Starting Dec 17th	Examine different types of relationships – from family and friendship, to romantic and professional – while learning to recognize healthy and unhealthy relationships.

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life. For professional assistance, just call or log on.

TOLL-FREE: 800-633-3353

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