

Employee Assistance Program 2024 Webinar Calendar

Your Employee Assistance Program is pleased to offer the following webinars in support of overall health and wellness. Webinars may be viewed on the website listed below and accessed anytime after the date listed.



JANUARY 16	Money Matters - Navigating Emotions for Financial Wellbeing	Discover how emotions can influence spending, lead to procrastination with decisions, and impact your long-term financial health. Walk away from this training with strategies to take control of your finances.
FEBRUARY 20	Positive Impact - Becoming the Influencer	Learn the art of being a positive influencer and how to inspire those around you, whether at work, at home, or in the community.
MARCH 19	Bonding with Pets	In this seminar, participants will learn about the impact of pets on your life and how their presence can enhance your mental and emotional wellbeing.
APRIL 16	Food for Thought	In this seminar participants will develop an understanding about the direct link between the contents of one's plate and physical health and how mindful eating nurtures mental wellbeing.
MAY 21	Balancing Act - Strategies for Mental Health	Are you finding it difficult to manage all your competing demands? Join us for this seminar where we will discuss ways to find balance and take care of your mental health.
JUNE 18	Living Well 365 - Igniting Motivation for a Fulfilling Life	Examine strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits.
JULY 16	Parenting Adolescents: Understanding Gen Z	This training will equip parents and caregivers with practical strategies to navigate the unique challenges and opportunities that present themselves with teenage children.
AUGUST 20	Harnessing Positive Reinforcement for Success	Discover how recognition can inspire, reinforce desired behaviors, and strengthen bonds in personal and professional spheres.
SEPTEMBER 17	Crafting Joy: Finding Fulfillment in Creative Pursuit	Discover the art of trying new things, from sample different cuisine, traveling to exciting destinations, to diving into new hobbies. Spark your passion by expanding upon your interests.
OCTOBER 15	Aging Parents, Renewed Connections	Transitions that occur in later life can be challenging, yet they also offer unique opportunities to deepen our relationships and rekindle connections. This training will uncover ways to maximize this time.
NOVEMBER 19	Laughter Helps	In this session participants will discover how a good laugh can boost your mood, strengthen your relationships, and unlock a wealth of other benefits.
DECEMBER 17	Tools for Life	Take inventory of the different tools you have in your figurative toolbox, assess your strengths, and learn how to approach life with a new perspective.

CALL TOLL-FREE, 24/7
1.800.999.1077

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