

# Employee Assistance Program 2023 Webinar Calendar



	THEME	ONLINE SEMINAR	DESCRIPTION
JAN	<b>Self-Care and Nature</b>	<i><b>Rays of Sunshine</b></i> Available on Demand Starting <b>Jan 17th</b>	Explore the benefits of getting outdoors as a part of your self-care routine.
FEB	<b>Overcoming Loneliness</b>	<i><b>Tackling Loneliness</b></i> Available on Demand Starting <b>Feb 21st</b>	Learn practical steps on how to overcome loneliness and build better connections with others.
MAR	<b>Setting Boundaries</b>	<i><b>Set Boundaries and Boost Your Wellbeing</b></i> Available on Demand Starting <b>Mar 21st</b>	Look at the benefits of having healthy boundaries and how we can practice setting boundaries in everyday lives.
APR	<b>Sustainability</b>	<i><b>Guiding Your Family to Greener Living</b></i> Available on Demand Starting <b>Apr 18th</b>	Explore the steps towards greener living and how to guide our family to living more sustainably.
MAY	<b>Listening</b>	<i><b>Are You a Good Listener?</b></i> Available on Demand Starting <b>May 16th</b>	Learn practical tips on how to be a good listener and why that's important.
JUN	<b>Points of View</b>	<i><b>Keeping an Open Mind</b></i> Available on Demand Starting <b>Jun 20th</b>	Learn how to keep an open mind and discover the benefits that can result from having an open mind.
JUL	<b>Parenting Questions</b>	<i><b>Overcoming Parental Guilt</b></i> Available on Demand Starting <b>Jul 18th</b>	Find out how to overcome parental guilt and continue to do your best
AUG	<b>Money Management</b>	<i><b>Digging Deep</b></i> Available on Demand Starting <b>Aug 15th</b>	Explore how to have smart financial management and learn practical steps on getting out of financial ruts.
SEP	<b>Gratitude Mindset</b>	<i><b>The Gratitude Habit</b></i> Available on Demand Starting <b>Sep 19th</b>	Discover how to build gratitude habits in our daily lives.
OCT	<b>Reactions</b>	<i><b>Pause. Breathe. Resume.</b></i> Available on Demand Starting <b>Oct 17th</b>	Learn how to notice our thoughts and how we react to them.
NOV	<b>Caregiving</b>	<i><b>Caring for the Caregiver</b></i> Available on Demand Starting <b>Nov 21st</b>	Explore how to take care of yourself and cope with caregiver stress while supporting your loved ones.
DEC	<b>Embrace Change</b>	<i><b>Making a Change</b></i> Available on Demand Starting <b>Dec 19th</b>	Learn how to make positive changes and discover tips to embrace the discomfort that comes with change.

\* Seminars can be found on your home page, or you can search for them by title.

**TOLL-FREE:**  
1.800.999.1077

**WEBSITE:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**CODE:**  
DOUGLAS