

# 2015 CALENDAR

## EMPLOYEE ASSISTANCE PROGRAM



	Monthly Theme	Monthly Webinar Title	Webinar Description Join us for these introductory webinars on work-life topics.
JAN	<b>GET YOUR HEAD IN THE GAME</b> Focus on the now	<b>The Mind-Body Connection</b> JAN 20 <sup>th</sup> — 11 am, 1 pm CT	Learn to recognize and manage stressful situations, practice relaxation techniques, and understand the benefits of making the mind-body connection
FEB	<b>FINANCIAL FITNESS</b> How to live lean	<b>Financial Fitness: Living Within a Realistic Budget</b> FEB 17 <sup>th</sup> — 11 am, 1 pm CT	Living within a budget can seem restrictive—similar to being on a diet. Learn about common money mistakes as well as practical and realistic tips for living within a budget.
MAR	<b>GET IT TOGETHER</b> Make your disaster plan	<b>Practical Strategies to Stay Safe</b> MAR 17 <sup>th</sup> — 11 am, 1 pm CT	Learn strategies to keep you and your family safe in case of natural disasters, terrorist attacks, or other emergencies.
APR	<b>ADDRESSING ANXIETY</b> How to take charge	<b>Disrupting Negative Thoughts</b> APR 21 <sup>st</sup> — 11 am, 1 pm CT	Learn how to gain control over negative thoughts and increase recognition of the positives occurring in your life.
MAY	<b>SIGN ON THE DOTTED LINE</b> Essential documents for everyone	<b>Estate Planning: Five Essential Documents</b> MAY 19 <sup>th</sup> — 11 am, 1 pm CT	Learn the key documents everyone over 18 should have prepared so your family understands your wishes regarding your health, money, and property.
JUN	<b>BETTER TOGETHER</b> Workplace communication and collaboration	<b>Communication Skills for Collaboration</b> JUN 16 <sup>th</sup> — 11 am, 1 pm CT	Learn about different communication styles, why communication sometimes fails, and strategies to create a respectful and cohesive workplace.
JUL	<b>UNPLUG TO RECHARGE</b> How to disconnect	<b>Information Overload</b> JUL 21 <sup>st</sup> — 11 am, 1 pm CT	Review practical tips for managing your devices and applications to eliminate distraction and create more focus in your professional and personal lives.
AUG	<b>CAUGHT IN THE MIDDLE</b> The new sandwich generation	<b>Strategies for Multigenerational Caregiving</b> AUG 18 <sup>th</sup> — 11 am, 1 pm CT	Learn about the emotional and financial impact of being a member of the sandwich generation. Discover coping mechanisms that help restore work-life balance and support resilience.
SEP	<b>SHIFTING GEARS</b> Learn to negotiate change	<b>Coping With Change</b> SEP 15 <sup>th</sup> — 11 am, 1 pm CT	Learn personal strategies on how to deal with both the losses and the gains that change brings to your life.
OCT	<b>HEADS UP</b> Tips for better brain health	<b>Know the 10 Signs</b> OCT 20 <sup>th</sup> — 11 am, 1 pm CT	Learn to identify the 10 early warning signs of Alzheimer's disease through this webinar presented by the National Alzheimer's Association. Review the differences between age-related memory lapses and the signs of dementia.
NOV	<b>QUIT IT</b> Dropping unhealthy habits	<b>Stick With It</b> NOV 17 <sup>th</sup> — 11 am, 1 pm CT	Using strategies developed by the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change.
DEC	<b>START SOMETHING</b> Change your life for the better	<b>Creating a Personal Development Plan</b> DEC 15 <sup>th</sup> — 11 am, 1 pm CT	Learn to recognize types of goals and understand effective goal setting. Explore potential obstacles that can create barriers to reaching your goals.



DEER OAKS EAP SERVICES

**CALL OR GO ONLINE TO GET ANSWERS TO YOUR QUESTIONS**

TOLL-FREE: 888-993-7650

WEBSITE: [www.deeroaks.com](http://www.deeroaks.com)

EMAIL: [eap@deeroaks.com](mailto:eap@deeroaks.com)