

**YOUR** EMPLOYEE **ASSISTANCE** PROGRAM

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|  | **THEME** | **ONLINE SEMINAR** | **DESCRIPTION** Seminars can be found on your home page, or you can search for them by title. |
| JAN | **Workplace Relationships** | ***Building Positive Relationships at Work***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** | ***Mental Health First Aid*** 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** | ***Interpersonal Communication: Social Skills for Success***Available on Demand Starting **Mar 19th** | Explore verbal and nonverbal communication to better understand how interpersonal communication may be interpreted by others. |
| APR | **Resilience** | ***Understanding Resilience***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** | ***Healthy Mind Toolkit***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** | ***Mindfulness Matters***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** | ***Making a Life While Making a Living: Work-Life Balance***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** | ***Effective Budgeting***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** | ***Maximizing Your Day: Effective Time Management***Available on Demand Starting **Sep 17th** | Better understand basic time management principles and what characteristics make effective time managers. |
| OCT | **Positive Emotional Health** | ***Emotional Wellness: Building Better Mental Health***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** | ***The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving***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** | ***Examining Relationships: Healthy vs. Unhealthy***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. |

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**

**Promotional Calendar**

TOLL-FREE: **800-633-3353**

WEBSITE: **www.mygroup.com**

USERNAME:**gvma** |PASSWORD:**guest**

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