

State of California

EAP 2015 Monthly Topics

MONTH	AUDIENCE	TOPIC	TOPIC HIGHLIGHTS	LIVE WEBINARS
July	Member	Back to school prep	<ul style="list-style-type: none"> Coping with child anxiety Teaching children how to avoid stress Getting ready for school 	Coping with child anxiety July 8, 2015 Register Here
August	Members	Work-Life Balance	<ul style="list-style-type: none"> Setting limits Setting realistic goals Getting the most out of your day 	Improving work habits for better work-life balance August 12, 2015 Register Here
September	Member	Depression and Suicide	<ul style="list-style-type: none"> Coping with suicide Identifying symptoms of depression Getting help 	When someone you love has depression September 9, 2015 Register Here
September	Supervisor	Anger Issues	<ul style="list-style-type: none"> Workplace bullying Dealing with employee anger Managing anger in the workplace 	Managing the negative or angry employee September 23, 2015 Register Here
October	Member	Bullying Awareness	<ul style="list-style-type: none"> Bullying at work Children and bullies Online bullying 	Bullying awareness October 14, 2015 Register Here
November	Member	Holiday survival	<ul style="list-style-type: none"> Managing the holidays The time crunch Avoiding holiday stress 	Surviving the holidays November 18, 2015 Register Here
December	Member	Caregiving	<ul style="list-style-type: none"> Caregiving within a family Challenges caregivers face Becoming a better caregiver 	How to avoid caregiving burnout December 9, 2015 Register Here
December	Supervisor	Difficult Discussions	<ul style="list-style-type: none"> Preparing for a difficult discussion Constructive criticism Providing positive feedback 	Difficult decisions December 2, 2015 Register Here