



# 2023 Employee Assistance Program On-Demand Webinar Calendar

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

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