

## 2021 EAP Webinar Schedule

DATE	TIME	TOPIC
2/25/2021	12:00 PM	Being Adaptive in an Ever-Changing World
3/3/2021	12:00 PM	Mindfulness
3/10/2021	12:00 PM	Loving...You: Boosting Self-esteem and Acceptance
3/24/2021	12:00 PM	Time Management Principles
3/31/2021	12:00 PM	Time Management Tools: To-Do Lists, Calendars, Etc.
4/14/2021	12:00 PM	Being Accountable in Work and Life
4/21/2021	12:00 PM	Managing Staff Through Stressful Situations
4/28/2021	12:00 PM	Civility in the Workplace
5/12/2021	12:00 PM	Becoming a Team Player
5/19/2021	12:00 PM	Unconscious Bias
5/26/2021	12:00 PM	Using Reason to Resolve Conflict
6/2/2021	12:00 PM	School's Out: Getting Everyone Through the Summer
6/9/2021	12:00 PM	The Successful Single Parent
6/16/2021	12:00 PM	The Rewards and Challenges of the Blended Family
6/23/2021	12:00 PM	Informed or Informed? Healthy Media Consumption & Social Media Usage
6/30/2021	12:00 PM	The Five Pillars of Personal Finance
7/7/2021	12:00 PM	10 Strategies for Improving Your Finances
7/14/2021	12:00 PM	Paying Off Debt While Building Wealth
7/21/2021	12:00 PM	The Psychology Behind Saving Money and Other Good Financial Habits
7/28/2021	12:00 PM	Basics of Estate Planning
8/4/2021	12:00 PM	EAP Overview
9/8/2021	12:00 PM	Using Kindness to Achieve Personal Success and Happiness
9/10/2021	12:00 PM	Suicide Awareness
9/15/2021	12:00 PM	When Someone You Love has Alzheimer's
9/22/2021	12:00 PM	Talking About Tough Subjects with Your Elderly Parents or Loved Ones
9/29/2021	12:00 PM	Improving Your Memory
10/7/2021	12:00 PM	Understanding Depression
10/8/2021	12:00 PM	Mental Health Awareness
10/13/2021	12:00 PM	Domestic Violence Awareness
10/20/2021	12:00 PM	Counseling and Therapy Demystified
10/27/2021	12:00 PM	Walking for Mental Health
11/3/2021	12:00 PM	Are You Financially on Track for Retirement?
11/10/2021	12:00 PM	Sailing On: A Guide to Transitioning into Retirement
11/17/2021	12:00 PM	Healthy Lifestyles: Changing the Way You Think About Diet and Exercise
12/1/2021	12:00 PM	Making the Most of Family Occasions