



We've got the resources, you've got the power

2018 WEBINAR CALENDAR

MONTHLY WEBINAR		WEBINAR DESCRIPTION
		Webinars are available 12 - 1 P.M. ET and 3 - 4 P.M. ET
JAN	Wednesday, January 24th COMMUNICATING EFFECTIVELY Click Here To Register	When we communicate with others, we make basic assumptions about the messages we are sending, which can result in unintentional miscommunication. We forget that our feelings play a part in how messages are delivered, received and processed. This workshop will help you learn to effectively convey your messages to others in a clear and assertive manner. You will also learn to recognize potential barriers in your current communication patterns.
FEB	Wednesday, February 21st WHAT TO LOOK OUT FOR AS OUR LOVED ONES AGE Click Here To Register	Those of us who have senior loved ones in our lives want to be sure they are well cared for. This webinar will address some of the challenges elders face as they age, and solutions that we, as caregivers, can put into place from near or afar. We will discuss common eldercare issues and which eldercare systems can best address these concerns. There will also be an opportunity at the end of the session to address more individualized concerns.
MAR	Wednesday, March 21st SUBSTANCE ABUSE AND YOUR LOVED ONES Click Here To Register	Substance abuse doesn't just impact those that are addicted to substances, but can also have devastating effects on those around them – especially their loved ones. This session will explain symptoms of drug abuse and an overview of withdrawal symptoms of a few substances such as alcohol, opiates and a few others. We will review what addiction is and how it is a chronic brain disease. Enabling a loved one will be discussed but also what you can and should do for yourself. It is important to know that as a loved one of someone who is addicted to substances, you are not alone
APR	Wednesday, April 25th QUALITY TIME FOR THE TIME-PRESSED FAMILY Click Here to Register	Family meetings provide opportunities for parents and children to come together to share experiences and to plan family activities. The family meeting promotes harmony, cooperation and leadership by providing time to establish rules, make decisions and recognize positive aspects of family life. Come to this seminar to discuss the many advantages and all the dynamics that come into play when making time for regular family meetings.
MAY	Wednesday, May 23rd WORKING WITH MILLENNIALS Click Here to Register	During this seminar we will look at tips and tools that can guide you in working with this mission based generation of millennials, a generation that usually has a lot of misconceptions. We will talk about why those misconceptions are out there, and take a deeper dive into discussing what contributions and traits millennials bring to the workplace.
JUNE	Wednesday, June 20th TAKING CARE OF YOUR SKIN Click Here to Register	Having healthy skin is important not only for your appearance, but because your skin performs so many important tasks for your body. This session will provide an understanding of the various functions of the human skin, some of the common disorders of the skin, and how to maintain good skin health.
JULY	Wednesday, July 25th IDENTITY THEFT PROTECTION AND SELF-HELP Click Here to Register	Identity theft has become a fact of life for many Americans. This seminar reviews how it occurs, strategies for prevention and tips for recognizing "Red Flags." We will also cover action steps to take if identify theft happens to you. A checklist and resources to prevent, protect, and recover are provided to participants.
AUG	Wednesday, August 22nd BULLYING Click Here to Register	Most everyone has heard about the rise of bullying in schools, on the playing field, and online. This seminar discusses some of the reasons for this distressing trend, how to recognize when your child is being bullied and ways to handle the situation.
SEP	Wednesday, September 26th THE MANY FACES OF MENTAL HEALTH Click Here to Register	One in five adults experiences a mental health condition every year. Given that statistic, you would think we would be less judgmental and accepting of someone with a mental illness. Yet, being diagnosed with a mental health condition can be stigmatizing still. In this seminar, we will review what impacts ones mental health, signs and symptoms and what you can do if you or someone you know may be symptomatic. Being stigmatized can prevent those who need support and resources not seek the help they need. This seminar will discuss what you can do to help de-stigmatizing mental health and illness, how to recognize if someone may need help and how to have the right supportive attitude.
OCT	Wednesday, October 24th HEALTHY AGING Click Here to Register	There is a new saying that "60 is the new 40." The way our society looks at age is changing, reflecting longer life spans and conditions never experienced before. The manner in which we relate and interact with our surroundings makes a huge difference in our individual perception of the aging experience. In this class, we will discuss age as a state of mind and in relation to our surroundings.
NOV	Wednesday, November 28th FAMILY AND PERSONAL BUDGETING Click Here to Register	This workshop will help you examine your views on money and money management, review financial goals for yourself and your family, and learn to set spending priorities accordingly. You will also assess your "money personality" in order to help control unnecessary spending, put away more for savings, and establish positive budgeting habits that will last a lifetime.
DEC	Wednesday, December 19th TURNING THE TABLE ON BAD HABITS Click Here to Register	Many of us realize that we have habits that are not healthy or helpful, but are unsure how to promote positive, lasting change. This seminar will help you learn to: <ul style="list-style-type: none"> - Recognize habits that are negatively impacting your life - Understand the stages of change - Identify what stage you are in and when it is best to attempt to make changes - Be your own coach when making changes - Develop and maintain positive habits