

# Employee Assistance Program 2026 Webinar Calendar



Your Employee Assistance Program is pleased to offer the following webinars in support of overall health and wellness. Webinars may be viewed on the website below and accessed any time after the date listed.

<b>JANUARY 20</b>	<b>Staying on Track: 7 Practical Strategies for Goal Commitment</b>	Learn practical tools to stay consistent, overcome setbacks, and achieve what matters most.
<b>FEBRUARY 17</b>	<b>The Role of Hobbies in Work-Life Balance</b>	Discover how hobbies and personal interests can reduce stress, improve focus, and help you balance work and life.
<b>MARCH 17</b>	<b>Breaking Barriers: Empowering Women at Work</b>	Celebrate women's contributions while exploring ways to empower equality and opportunity at work.
<b>APRIL 21</b>	<b>Managing the Juggle: Practical Tips for Multi-Role Success</b>	Discover simple strategies to handle many roles, manage stress, and keep energy for what matters most to you.
<b>MAY 19</b>	<b>Smart Money Moves: Strengthen Your Financial Know How</b>	Build the mindset and skills to adapt, recover quickly, and thrive during transitions.
<b>JUNE 16</b>	<b>Creating Safe Spaces: Supporting LGBTQ+ Inclusion</b>	Promote respect, allyship, and inclusion to strengthen LGBTQ+ visibility and acceptance.
<b>JULY 21</b>	<b>Resilience Reset: 5 Ways to Thrive Through Change</b>	Learn proven techniques to manage competing demands and maintain balance without burnout.
<b>AUGUST 18</b>	<b>Connected Not Consumed: Digital Wellness Strategies</b>	Set clear boundaries with technology to enhance focus, wellbeing, and meaningful connections.
<b>SEPTEMBER 15</b>	<b>Preventing Tragedy: Empowering Supportive Conversations</b>	Raise awareness and learn supportive actions to help save lives.
<b>OCTOBER 20</b>	<b>World Mental Health Day Topic</b>	Champion open dialogue, understanding, and proactive strategies to support mental health.
<b>NOVEMBER 17</b>	<b>Strong Yet Struggling: Rethinking Men's Mental Well-being</b>	Highlight men's roles, health, and wellbeing while fostering dialogue on gender balance.
<b>DECEMBER 15</b>	<b>The Science of Stress: Tools for Thriving at Work and Home</b>	Explore science-based techniques to reduce stress and strengthen resilience at work and home.

**CALL TOLL-FREE, 24/7**  
1.800.833.3031

**WEBSITE:**  
EAPHelplink.com  
**CODE:** IOWA

Always Available | Free | Confidential