

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.

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

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1.800.833.3031

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