



**You are cordially invited to join the February and March 2024,  
WHS DoD EAP weekly web-based presentations on Tuesdays at  
3:00pm ET.**

**Training Topic:** Raising Children in a Diverse World  
**Date and Time:** February 6, 2024 @ 3:00 p.m. ET  
**Trainer:** Work Life Representative

**Training Description:** This program covers helping children to be proud of their heritage, introducing children to other cultures, religions, and races, answering tough questions, protecting them from discrimination and how to be a good role model.

**Training Topic:** Power Your Life with Better Sleep  
**Date and Time:** February 13, 2024  
**Trainer:** Tammy White

**Training Description:** In today's fast-paced world it can be difficult to obtain sufficient sleep. Getting great sleep can leave you feeling refreshed and is one of the best things you can do for your mental and physical health. Join us as we explore the reasons why many are not getting good quality sleep and how lack of sleep can result in serious health risks. Participants will receive guidelines and techniques to help improve their sleep hygiene.

**Training Topic:** Holiday-No Webinar  
**Date and Time:** February 20, 2024 @ 3:00 p.m. ET

**Training Topic:** Navigating life's journey –A guide to your program  
**Date and Time:** February 27, 2024 @ 3:00 p.m. ET  
**Trainer:** Cyrene Ortega

**Training Description:** In this training, your staff will learn the invaluable benefits your program offers. These confidential benefits provide employees and their household members with various resources, digital tools, and services to help improve emotional

wellbeing and build thriving lives. In this training, employees will learn the details of their benefits and how to use and access them.

**Training Topic:** Living off Your Paycheck  
**Date and Time:** March 5, 2024  
**Trainer:** Work Life Representative

**Training Description:** This seminar will go over goal setting and how your money beliefs can affect the way you save and spend. Other topics covered during this session include: how to reduce debt, the difference between “meat vs. gravy” and how to increase your wealth

**Training Topic:** Positively Maneuvering Change in the Workplace  
**Date and Time:** March 12, 2024  
**Trainer:** Tom Huberty

**Training Description:** Change is inevitable and essential to functioning and growing in today’s world. Our response to change is personal and varied based in part by past experiences and personality traits. In this training, participants will learn how different change types and sizes impact the change experience, the role of resistance in change, the importance and value of change, managing emotions in a changing environment and the power of resiliency and self-care in navigating change.

**Training Topic:** Successfully Navigating Challenging and Difficult Relationships  
**Date and Time:** March 19, 2024  
**Trainer:** Laura Baker

**Training Description:** Relationships are an integral part of our personal and work lives and can be very enriching. Unfortunately, that is not always the case. Some relationships can be a source of anxiety, stress, and negativity. In this training, participants will explore their own challenging and difficult relationships; learn practical strategies, techniques, and resources to improve those situations; and identify a personal action plan.

**Training Topic:** Mental Health, Substance Use and Suicide Prevention Awareness  
**Date and Time:** March 26, 2024  
**Trainer:** Jerome Ford

**Training Description:** Despite the high prevalence and deaths by substance misuse and suicide, about two-thirds of people with mental illness never seek professional care. Yet, most who receive care improve and many recover completely! Attend this training to learn the facts, warning signs and how to help yourself and others with mental illness and substance use concerns. You will also gain valuable resources for promoting mental health.

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**To join the meeting:** Click on the following link to access the webinar. The Adobe Room is limited to 1,000 participants. Access to the Adobe Room will be available half an hour prior to the start of the webinar, 2:30pm ET.

<http://magellanhealth.adobeconnect.com/afdonwhs/>

**Audio Conference Number(s):** Please join audio by using your computer speakers. Do not call in if you are using your computer audio. *Only* use the number below *if* you have difficulty using your computer audio.

1. Dial the provided toll access number 205-723-0719. This is toll number, please check with your provider and plan for rates.
2. When prompted, dial the provided room number 1475558#
3. If the host has opened the room, you will join the meeting.

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