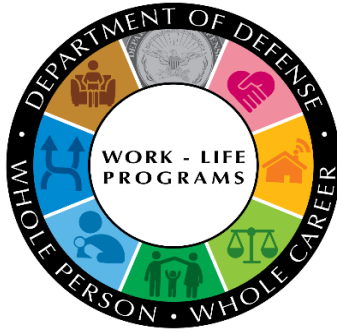




You are cordially invited to join November 2025, DoD EAP weekly web-based presentations on Tuesdays at 2:00pm EST.

Tuesday, 4 NOV, 2 pm EST

Holiday Survival Guide

The holiday season can be stressful, but it doesn't have to be overwhelming. This seminar offers strategies for managing holiday stress, organizing tasks, balancing time, relationships, and finances, and maintaining holiday traditions.

Presenter: Alan Tamai, LMFT

TEAMS Registration Link, [Here](#) or <https://events.teams.microsoft.com/event/42570e63-55d4-464c-beb9-54b5aed1273b@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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[+1 417-501-2485,,292557007#](#) United States, Springfield

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Phone conference ID: 292 557 007#

Tuesday, 11 NOV, 2 pm EST

HOLIDAY – NO WEBINAR

Tuesday, 18 NOV, 2 pm EST

WorkLife Orientation

This orientation provides a comprehensive overview of WorkLife services and benefits available to employees. Learn how to utilize WorkLife for various needs, from childcare and legal advice to other personal and professional support services. By understanding the full range of WorkLife offerings, employees can better leverage these resources to support their wellbeing and enhance their work-life balance.

Presenter: Philip Taylor, LPC

TEAMs Registration Link, [Here](#) or <https://events.teams.microsoft.com/event/ec70e1d2-4536-4023-8947-aec00f4715f9@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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Phone conference ID: 110 244 689#

Tuesday, 25 NOV, 2 pm EST
HOLIDAY – NO WEBINAR