

From: [Burton, Nicole](#)
Subject: EAP July 28, 2026 Weekly Webinar
Date: Wednesday, July 22, 2026 8:57:57 AM
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You are cordially invited to join the WHS DoW EAP weekly web-based presentations on Tuesdays at 2:00pm EST.

July 28th, 2026

Tuesday, 28 July, 2:00pm ET

Understanding Burnout: Causes and Solutions

Presenter: Robert Wear, LCSW

This interactive and upbeat presentation dives into the serious topic of burnout with a fresh, relatable approach. Participants will explore what burnout really is (and what it isn't), recognize the warning signs, and understand the personal and workplace consequences of chronic stress. Through engaging activities, polls, visuals, and self-assessments, attendees will learn how to break the burnout cycle, build resilience, and create a personal action plan. With practical strategies, fun visuals, and a touch of humor, this session empowers individuals to take back control of their well-being — while also learning how to support others along the way.

TEAMS Registration Link, [Here](#) or <https://events.teams.microsoft.com/event/d855a872-b9e9-463d-83de-fbac78bf2fd2@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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August Weekly Webinar calendar listed below.

Tuesday, 4 August, 2 pm EST

Increasing Mental Toughness

Presenter: Alan Tamai, LMFT

This presentation is about using challenging times as an opportunity to increase our mental toughness and find a positive way to look at negative events. We'll discuss what it means to be mentally tough and dive into the topic of Grit.

TEAMS Registration Link: [Here](#) or <https://events.teams.microsoft.com/event/c9c444d1-65a0-4b6c-9908-e5f4df99f25e@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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Tuesday, 11 August, 2 pm EST

Be Positive

Presenter: Maria Holm, LCSW

Scientists have discovered that our attitude significantly impacts our behavior, experiences, and relationships. We'll explore how to harness the power of positive thinking by making changes in our mindset and perspective.

TEAMS Registration Link: [Here](#) or <https://events.teams.microsoft.com/event/4a742804-287f-4574-95ee-a5bd309beae9@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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Tuesday, 18 August, 2 pm EST

How To Speak with Your Healthcare Provider

Presenter: Laura Baker, LMHC

This presentation provides practical guidance on enhancing communication with healthcare providers. It covers key strategies for preparing for medical appointments, including documenting symptoms, maintaining a health journal, and understanding family health history. It emphasizes the importance of clear and open communication, asking clarifying questions, and fostering a collaborative patient-provider relationship. The presentation also explores working effectively with pharmacists, tips for handling difficult medical conversations, and using audio recordings (with permission) for complex topics. Additional insights focus on early detection, preventive care, and leveraging support systems during appointments to ensure a comprehensive and supportive healthcare experience.

TEAMS Registration Link: [Here](#) or <https://events.teams.microsoft.com/event/d27a0cbf-8e5d-47d7-9bdd-618c24811e9f@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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Tuesday, 25 August, 2 pm EST

Keeping Your Aging Loved Ones Safe

Presenter: Elvy Sipin, LCSW

To ensure the safety and well-being of seniors and their caregivers, understanding basic safety protocols is essential. This presentation introduces participants to six key areas of safety, offering practical tips and resources to help maintain health and security as loved ones age.

TEAMS Registration Link: [Here](#) or <https://events.teams.microsoft.com/event/d1324e21-12dc-404c-a8ee-11b9c2d298a6@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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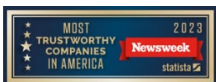
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