



MFED LIVE WEEKLY WEBINAR CALENDAR

September 2026

**You are Cordially Invited to join the WHS DoW EAP Weekly
Web-based Presentations on Tuesdays at 2:00PM ET**

Tuesday, September 1, 2026 | 2PM ET

Handling and Managing Chaos

Presenter: Denisha Wright, LCSW

Chaos can be a significant source of anxiety, but it doesn't have to be. This presentation teaches how to handle chaos productively, rethinking preconceived notions and embracing them as a part of daily life.

[TEAMs Registration](#)

Dial in by phone

[+1 417-501-2485,,134457986#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 134 457 986#

Tuesday, September 8, 2026 | 2PM ET

HOLIDAY – NO WEBINAR

Tuesday, September 15, 2026 | 2PM ET

Mindful Meditation

Presenter: Alan Tamai, LMFT

In this presentation, participants will learn what mindful meditation is, explore its benefits, review supporting data, and experience a guided meditation exercise. [TEAMs Registration](#)

Dial in by phone

[+1 417-501-2485,,785882563#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 785 882 563#

Tuesday, September 22, 2026 | 2PM ET

Suicide Awareness

Presenter: Stana Kier, LPC

Recognizing the early warning signs of suicide is crucial for community support. This presentation tackles the sensitive nature of discussing suicide while providing practical tools and resources for identifying warning signs and implementing prevention programs both at work and within the community. Participants will gain strategies to offer immediate support to those in crisis and ensure that individuals do not feel that suicide is their only option. [TEAMs Registration](#)

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[Find a local number](#)

Phone conference ID: 170 835 499#

Tuesday, September 29, 2026 | 2PM ET

Dealing with the Elephant in the Room

Presenter: Laura Baker, LMHC

Welcome to “Dealing with the Elephant in the Room,” a dynamic presentation designed to equip participants with the skills to tackle those tough conversations that often go unspoken. In this interactive session, you’ll learn how to pinpoint uncomfortable issues and discover effective techniques for having honest discussions with tact, empathy, and clarity. Perfect for anyone looking to boost productivity and enhance relationships, this presentation will empower you to proactively address misunderstandings and cultivate a positive organizational culture. Let’s embrace the challenge and turn those elephants into stepping stones for success. [TEAMs Registration](#)

Dial in by phone

[+1 417-501-2485,,308003333#](#) [Find a local number](#)

Phone conference ID: 308 003 333#



Scan the QR code to visit the [Magellan EAP Member Portal](#) or call your Employee Assistance Program (EAP) at 1-866-580-9046 (TTY 711) to get started.