



MFED LIVE WEEKLY WEBINAR CALENDAR

July 2026

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

Tuesday, July 2, 2026 | 2PM ET

Managing Strong Emotions

Presenter: Cynthia Clark, LCSW

In this interactive presentation, participants will reflect on their own experiences when situations led to strong emotional reactions and get tips on how to best navigate these scenarios. Additionally, we'll discuss how to manage and control behavior when emotions are triggered. Managers and leaders will leave with strategies to maintain a professional demeanor and outlets to de-escalate and self-soothe.

[TEAMs Registration](#)

Dial in by phone

[+1 417-501-2485, 21490156#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 214 901 56#