



MFED LIVE WEEKLY WEBINAR CALENDAR

June 2026

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

Tuesday, June 2, 2026 | 2PM ET

Anatomy of a Financial Plan (DON CEAP Members Only)

Tuesday, June 9, 2026 | 2PM ET

Motivation Bringing Out The Best

Presenter: Laura Baker, LMHC

Unleash your drive and discover the power of motivation in this engaging presentation. Participants will dive into the science behind motivation and explore how it influences our everyday lives. Through interactive discussions, we'll share inspiring stories of motivation leading to innovation, learn to embrace childlike thinking, and find out how to nurture a growth mindset. Whether you're an employee looking to elevate your motivation or a manager seeking to inspire your team, the resources and tools in this session are invaluable. | [TEAMs Registration](#)

Dial in by phone

[+1 417-501-2485,456232858#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 456 232 858#

Tuesday, June 16, 2026 | 2PM ET

How AI Can Help with Handling Mental Health Conversations

Presenter: Denisha Wright, LCSW

In today's digital age, AI is revolutionizing the way we approach mental health. This presentation explores how AI technology is transforming mental health care by providing innovative tools to enhance support during sensitive and crucial conversations. Join us to explore how AI can facilitate more effective, compassionate, and accessible mental health discussions in both personal and professional contexts. | [TEAMs Registration](#)

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[+1 417-501-2485,702173602#](#) United States, Springfield

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Phone conference ID: 702 173 602#

Tuesday, June 23, 2026 | 2PM ET

Caregiving

Presenter: Maria Holm, LCSW

Almost one in three Americans is currently caring for a family member. In this presentation, we will explore how to take care of yourself, evaluate your family's needs, and find balance in your life. We will also address the emotional challenges and unique situations that caregivers often face while offering tools and resources to help you prioritize your own wellbeing. | [TEAMs Registration](#)

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[+1 417-501-2485,,207707843#](#) United States, Springfield

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Phone conference ID: 207 707 843#

Tuesday, June 30, 2026 | 2PM ET

Alcohol and Substance Abuse

Presenter: Maria Holm, LCSW

This presentation offers an overview of alcohol and substance abuse, including how to identify warning signs, differentiate between abuse and dependence, and understand the effects of drugs on the body. Participants will receive resources to help loved ones and address family and social issues that may arise from substance abuse. | [TEAMs Registration](#)

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Phone conference ID: 232 112 176#