



MFED LIVE WEEKLY WEBINAR CALENDAR

March 2026

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

Tuesday, March 3, 2026 | 2PM ET

Science of Goal Setting

Presenter: Mary Albritton, LCSW

In a world that doesn't stop moving, your ability to adapt matters more than ever. This session offers practical tools to help you bounce back from setbacks, manage stress, and stay focused — even when things feel out of control. You'll explore how the brain responds to change, develop daily habits that support well-being, and learn how to build resilience like a muscle. Whether you're navigating big life changes or everyday stress, you'll leave with strategies to stay grounded, flexible, and forward-focused.

[TEAMs Registration](#)

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[Find a local number](#)

Phone conference ID: 873 180 160#

Tuesday, March 10, 2026 | 2PM ET

Sleep Basics

Presenter: Eli Sipin, LCSW

Sleep is a crucial, yet often neglected, aspect of a healthy lifestyle. This presentation covers the physical and mental benefits of quality sleep, strategies for developing daily habits that enhance your sleep environment, and relaxation techniques for managing insomnia. Participants will gain resources to help improve sleep and overall quality of life.

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Tuesday, March 17, 2026 | 2PM ET
Staying Connected in Today's Digital World
Presenter: Laura Baker, LMHC

It's the great modern paradox: while advances in technology have made us more connected than ever, self-reported loneliness is at an all-time high. In this presentation, we will reflect on how technology has transformed our daily social interactions and the impact these changes have on our ability to connect with others. Join this interactive session to explore how to use technology wisely to build and maintain meaningful relationships, all while ensuring we preserve the personal touch that makes our connections truly special. | [TEAMs Registration](#)

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Tuesday, March 24, 2026 | 2PM ET
Relationships
Presenter: Elvy Sipin, LCSW

Building and maintaining healthy relationships requires attention and emotional tools to keep those bonds strong. In this interactive and engaging presentation, participants will explore common misconceptions about relationships, the true meaning of fulfillment, the importance of communication, and what happiness really means in a relationship. Through lively discussions and practical exercises, we'll dive into the key ingredients for successful relationships and create personalized action plans to strengthen our connections while identifying areas for growth. Join us to enrich your relationships and foster lasting bonds with friends and family. | [TEAMs Registration](#)

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Tuesday, March 31, 2026 | 2PM ET
Resiliency for Working Parents
Presenter: Howard Johnson, LMFT

Resiliency in parenting is crucial not only for the well-being of parents but also for nurturing a healthy parent-child relationship. How parents respond to stressors can significantly impact their family dynamics, often more so than the stressor itself. In this insightful presentation, participants will receive valuable resources to prevent burnout, develop resiliency skills, and maintain a positive balance in both personal and professional lives. Join us to explore effective strategies for managing stress levels, ensuring that you can fully enjoy your time with loved ones while fostering a supportive and thriving family environment.

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