



You are cordially invited to join April 2025, DoD EAP weekly web-based presentations on Tuesdays at 2:00pm EST.

Tuesday, 1 APR, 2 pm EST

Mentally Healthy Culture: A Focus on Workplace Well-Being: Cynthia Clark

Creating a positive work environment is a shared responsibility in today's climate. This class will help managers and employees understand the evolving nature of work, address the increase in mental health concerns, and explore various solutions. Participants will review strategies for fostering a mentally healthy culture and developing a supportive workplace environment.

TEAMs Registration Link, [Here](#).

Tuesday, 8 APR, 2 pm EST

Caregiving- Alan Tamai

Almost one in three Americans is currently caring for a family member. In this class, 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 well-being.

TEAMs Registration Link, [Here](#).

Tuesday, 15 APR, 2 pm EST

Teamwork- Elvi Sipin

Effective teamwork is vital for achieving both personal and professional success. Participants will engage in discussions, interactive exercises, and a debriefing session to learn practical strategies for successful teamwork. The focus will be on applying successful team concepts and fostering efficient collaboration. Participants will gain insights into inspiring and motivating teammates, working cohesively towards shared goals, and resolving conflicts within the team. This session will equip you with the tools and resources needed to enhance team dynamics and drive collective success.

TEAMs Registration Link, [Here](#).

Tuesday, 22 APR, 2 pm EST

Staying Strong and Resilient- Trisha Rich- Thurm

How do you handle life's challenges? This seminar teaches participants strategies for maintaining strength and resilience in the face of adversity, staying positive, and reducing stress.

TEAMs Registration Link, [Here](#).

Tuesday, 29 APR, 2 pm EST

Handling a Family Crisis- Robb Wear

Designed for managers and employees alike, this class focuses on navigating family crises effectively. It covers how to manage expectations and handle emotional exchanges during challenging conversations. Participants will learn healthy coping strategies for transitions and explore ways to address and seek support for potential financial challenges.

TEAMs Registration Link, [Here](#).