



You are cordially invited to join December 2024, WHS DoD EAP weekly web-based presentations on Tuesdays at 3:00pm EST.

Tuesday, 3 December, 3 pm EST

Resiliency for Working Parents – Jane Lynn Britton

Regardless of your family structure, all families face the same challenges. Parenting is still one of the toughest jobs we have. This class looks at the history of families and offers some best practices for how to have a healthy family, including some fun things families can do together. This class is meant to be discussion-based.

DOD: TEAMs Registration Link, [Here](#) to receive the TEAMs link for the webinar

Tuesday, 10 December, 3 pm EST

WorkLife Orientation – Philip Taylor

An overview of the work-life services and resources to assist with everyday activities and life events to help you create harmony between your work and personal life.

DOD: TEAMs Registration Link, [Here](#) to receive the TEAMs link for the webinar

Tuesday, 17 December, 3 pm EST

Developing a Growth Mindset to Enhance Resilience - Crystal Abram-Garcia

Managing worry and anxiety is essential, as persistent and overwhelming anxiety can have significant negative impacts on various aspects of a person's life. Managing worry and anxiety doesn't necessarily mean eliminating all stressors or sources of concern. Instead, it involves developing coping strategies and a healthy mindset to navigate life's challenges more effectively. In this training, participants will learn the definition of worry and anxiety and identify tools they can use to alleviate these feelings.

DOD: TEAMs Registration Link, [Here](#) to receive the TEAMs link for the webinar

Tuesday, 24 December, 3 pm EST

HOLIDAY – NO WEBINAR

Tuesday, 31 December, 3 pm EST

HOLIDAY – NO WEBINAR