

---

# MFED LIVE WEEKLY WEBINAR CALENDAR

April 2026

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

**Tuesday, April 7, 2026 | 2PM ET**

**Thriving in Uncertain Times**

**Presenter: Elvy Sipin, LCSW**

If you're tired of hearing the phrase "unprecedented times," you're not alone. In today's unpredictable world, constant uncertainty brings unique challenges, both at work and at home. With stress and anxiety on the rise, leaders need the right tools to stay grounded and make informed decisions. In this presentation, we'll tackle the emotional toll of living through these so-called "unprecedented times," offering strategies to manage stress, build resilience, and maintain well-being. By the end of the session, you'll feel more prepared to communicate about sensitive issues, focus on selfcare, and strengthen your ability to thrive in the face of ongoing uncertainty. | [TEAMs Registration](#)

**Dial in by phone**

[+1 417-501-2485](tel:+14175012485), [264611770#](tel:+1264611770) United States, Springfield

[Find a local number](#)

Phone conference ID: 264 611 770#

---

**Tuesday, April 14, 2026 | 2PM ET**

**Managing Fear and Anxiety in Children**

**Presenter: Lesley Gibson, LICSW**

Helping children navigate fear and anxiety can feel overwhelming, but with the right tools, parents can offer the support their kids need to thrive. In this presentation, we'll explore practical strategies to help children of all ages manage their fears and anxieties. Parents will gain insight into how their own emotions can influence their children and learn how to create a supportive environment where a child's unique fears are acknowledged and addressed. Join us to discover compassionate, structured, and flexible approaches that will leave you better equipped to guide your child through life's challenges with confidence. | [TEAMs Registration](#)

**Dial in by phone**

[+1 417-501-2485](tel:+14175012485), [195951497#](tel:+1195951497) United States, Springfield

[Find a local number](#)

Phone conference ID: 195 951 497#

**Tuesday, April 21, 2026 | 2PM ET**  
**Communicating During Times of Change**  
**Presenter: Alan Tamai, LMFT**

Social media constantly updates us on current events, often sparking workplace conversations. This presentation teaches you how to thoughtfully engage in discussions on controversial topics, ensuring respectful and tactful communication. | [TEAMs Registration](#)

**Dial in by phone**

[+1 417-501-2485,,30778214#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 307 782 14#

---

**Tuesday, April 28, 2026 | 2PM ET**  
**Loneliness**  
**Presenter: Denisha Wright, LCSW**

With nearly one in three Americans lacking close relationships at any given time, loneliness is deemed a public health crisis. In this presentation, attendees will explore common myths about loneliness, examine historical case studies, and understand the distinction between loneliness and depression. Together, we will discuss strategies for coping with loneliness and ways to cultivate meaningful connections with others. | [TEAMs Registration](#)

**Dial in by phone**

[+1 417-501-2485,,39469732#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 394 697 32#