

## NEW Monthly Lunch & Learn Series

We're excited to launch our new **virtual lunch n' learn educational series**, taking place every month for the rest of 2020! These **free, EAP members-only** sessions are designed to be educational, supportive, and inclusive. Bring your lunch and let's learn together.

**Click the links below to sign up, mark your calendars, and tell your colleagues.** Hope to "see" you soon!

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### Being Effective During COVID-19: October 21

The outbreak of coronavirus disease and physical distancing orders may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Join this presentation for assurance that your feelings are normal, stress is normal, and let's focus on what we *can* control.

[10/21/2020, 12 pm: click here to register](#)



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### Mental Health During a COVID Winter: November 18

This is a marathon, not a sprint. Resiliency is a learned skill, not something that we "just have." The winter and holiday season can be hard on some, and the pandemic is adding a whole additional layer of stress. This awareness-building talk will focus on the importance of self-care and being connected. There are tips and resources available to help maintain a healthier balance.

[11/18/2020, 12 pm: click here to register](#)



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### Our Powerful Mind and the Effect of Self Talk: Dec 8

Join us during this encouraging presentation to bring awareness to your thoughts, feelings and behaviors. In this workshop we will get curious, focus on the power of our thoughts and our feelings, and hear how they impact our day-to-day lives (and how we can shift into a more positive internal dialogue).

[12/8/2020, 12 pm: click here to register](#)

