

August 2023 Learning Events

Virtual Support Groups

A 30-minute group check-in held monthly on a topic related to Stress, Caregiving, Parenting, or Grief. Each discussion is led by an expert. Registration link may be used to access recording of live event.

Stress Check-In: Rethinking Wellness Habits to Cope with Stress

Have you considered the popular trend of rethinking your drinking habits? Reducing your use of alcohol or even going alcohol free is extremely popular as individuals choose to improve overall health and wellbeing. During this session, learn strategies about a sober-curious lifestyle, transform your relationship with what it means to drink and to use non-alcohol, self-care strategies to manage stress. Participation is anonymous.

Date: Wednesday, August 2

Time: 1:00 - 1:30 pm EST

[Click here to register](#)

Parenting Check-In: Setting Your Child Up for Success

Help your child go back to school with a positive mindset. Discuss how routine, healthy nutrition, and sleep can set your child up for success and learn strategies to support both the enthusiastic and the anxious child. Participation is anonymous.

Date: Tuesday, August 8

Time: 3:30 - 4:00 pm EST

[Click here to register](#)

Caregiving Check-In: Reducing the Stress of Managing a Loved One's Estate

It can be difficult to manage the affairs of a loved one who has died. Not only are you solely responsible for gathering information and meeting deadlines, you may be doing it while feeling depleted mentally and physically. Learn strategies to manage the emotional challenges that this responsibility may have added to your life. Participation is anonymous.

Date: Thursday, August 17

Time: 3:00 - 3:30 pm EST

[Click here to register](#)

Grief Check-In: Loss & Chronic Illness

Loss of self is a common challenge when living with a chronic condition. This loss can be as difficult to manage as health-related losses. Participants will learn the value of privately acknowledging these losses and strategies to develop equally valued new identities.

Date: Tuesday, August 29

Time: 2:00 - 2:30 pm EST

[Click here to register](#)

On-Demand Webinar

A pre-recorded training available on myliferesource.com this month only.

Engaging Empathy in the Workplace

Often a sad employee is perceived to be a bad employee, yet everyone will suffer a setback at some point in their career due to a change in personal or family health, the death of a loved one, a financial loss, or a change in family caregiving. In order to show empathy and support, coworkers must try to understand the feelings of the person who is experiencing a setback. This can be accomplished through training, listening, connecting, and providing kindness to one another. This webinar will provide a greater understanding of best practices in providing empathy to coworkers and managers while maintaining a professional relationship.

Starting August 1st, this webinar is available on myliferesource.com.



Live Webinar

A one-hour monthly training on a variety of mental health, work-life, and wellbeing topics. Presentation slides will be emailed to all participants following the event. Registration link may be used to access recording of live event.

Positive Parenting: The Value of Family Rules

Family rules help children understand what behaviors are okay and not okay. As children grow, they will be in places where they have to follow rules. Following rules at home can help children learn to follow rules in other places. It is normal for children to break rules and test limits. Attend this training to explore your own parental practices while contemplating how the family rules in your house impact your child's growth and development.

Date: Tuesday, August 15

Time: 12:00 - 1:00 pm EST

[Save Your Seat!](#)

