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University of Alaska Faculty & Staff,

During this critical time for the university, Deer Oaks Employee Assistance will be hosting a series of trainings both onsite and via webinar to provide tools and guidance on how to deal with all of the upcoming changes in a healthy manner. It is essential that we are armed with self-awareness and personal strategies to maintain positive emotional wellness and optimal mental health.

Here is information for the upcoming sessions. An email including presentation documents for note taking and a facilitator evaluation form will be sent to all participants the day of the session. Please print at least the evaluation form and bring it with you.

Please register for all sessions you plan to attend.

**Coping with Change**

When: Friday, August 9, 2019, 12-1:00pm

Where: Rasmuson Hall Room 101

Registration Link: <https://forms.gle/WfDsNgkE3nK5oLqbA>

**Coping with Change**

When: Tuesday, August 13, 2019, 12-1:00pm

Where: Webinar

Registration Link: <https://attendee.gotowebinar.com/register/3845001358916972802>

**Maintaining Personal and Fiscal Resilience During Tough Economic Times**

When: Friday, August 16, 2019, 12-1:00pm

Where: Rasmuson Hall Room 101

Registration Link: <https://forms.gle/fsXpF8m2SCF2esdV7>

**Maintaining Personal and Fiscal Resilience During Tough Economic Times**

When: Tuesday, August 20, 2019, 12-1:00pm

Where: Webinar

Registration Link: <https://attendee.gotowebinar.com/register/5459426376522010379>

**Effective Budgeting**

When: Friday, August 23, 2019, 12-1:00pm

Where: Rasmuson Hall Room 101

Registration Link: <https://forms.gle/LZHnVeQFZRHC6gqG7>

**Effective Budgeting**

When: Tuesday, August 27, 2019, 12-1:00 pm

Where: Webinar

Registration Link: <https://register.gotowebinar.com/register/1570291021332005132>

**Emotional Support: Remaining Balanced in a Changing World**

When: Friday, August 30, 2019, 12-1:00pm

Where: Rasmuson Hall Room 101

Registration Link: <https://forms.gle/kmwACczgHBF7vwL56>

**Emotional Support: Remaining Balanced in a Changing World**

When: Tuesday, September 3, 2019, 12-1:00 pm

Where: Webinar

Registration Link: <https://attendee.gotowebinar.com/register/4034258096382992642>

**Self Care Remaining Resilient**

When: Friday, September 6, 2019, 12-1:00pm

Where: Rasmuson Hall Room 101

Registration Link: <https://forms.gle/DUvbmt5zjmDaRa57A>

**Self Care Remaining Resilient**

When: Tuesday, September 10, 2019 12-1:00 pm

Where: Webinar

Registration Link: <https://attendee.gotowebinar.com/register/3687790987354601730>