2019

UAA EAP SESSIONS

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.

Please Register for each session you plan to attend

1 HOW TO HANDLE EXTREMELY DIFFICULT SITUATIONS

When: Thursday, August 1, 2019, 12-1:00pm
Where: Webinar
Registration Link: https://attendee.gotowebinar.com/register/19785012658716418

2 COPING WITH CHANGE

When: Friday, August 9, 2019, 12-1:00pm
Where: Rasmuson Hall Room 101
Registration Link: https://forms.gle/WfDsNgkE3nK5oLqbA

3 COPING WITH CHANGE

When: Tuesday, August 13, 2019, 12-1:00pm
Where: Webinar
Registration Link: https://attendee.gotowebinar.com/register/3845001358916972802

4 MAINTAINING PERSONAL AND FISCAL RESILLIENCE DURING TOUGH ECONOMIC TIMES

When: Friday, August 16, 2019, 12-1:00pm
Where: Rasmuson Hall Room 101
Registration Link: https://forms.gle/fsXpF8m2SCF2esdV7

5 MAINTAINING PERSONAL AND FISCAL RESILLIENCE DURING TOUGH ECONOMIC TIMES

When: Tuesday, August 20, 2019, 12-1:00pm
Where: Webinar
Registration Link: https://attendee.gotowebinar.com/register/5459426376522010379

6 EFFECTIVE BUDGETING

When: Friday, August 23, 2019, 12-1:00pm
Where: Rasmuson Hall Room 101
Registration Link: https://forms.gle/LZHnVeQFZRHC6gqG7

7 EFFECTIVE BUDGETING

When: Tuesday, August 27, 2019, 12-1:00 pm
Where: Webinar
Registration Link: https://attendee.gotowebinar.com/register/1570291021332005132

8 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

9 EMOTIONAL SUPPORT: REMAINING BALANCED IN A CHANGING WORLD

When: Tuesday, September 3, 2019, 12-1:00pm
Where: Webinar
Registration Link: https://attendee.gotowebinar.com/register/4034258096382992642

10 SELF CARE REMAINING RESILIENT

When: Friday, September 6, 2019, 12-1:00pm
Where: Rasmuson Hall Room 101
Registration Link: https://forms.gle/DUvbmt5zjmDaRa57A

11 SELF CARE REMAINING RESILIENT

When: Tuesday, September 10, 2019 12-1:00pm
Where: Webinar
Registration Link: https://attendee.gotowebinar.com/register/3687790987354601730

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