



## 2014 WEBINAR CALENDAR:

**JUL 17 — YOU MAKE ME SO MAD!** - Rude service encounters. Road rage. Violence in the workplace. Why is everyone so angry? Learn about the causes of anger and how to manage it. **12 p.m. - 1 p.m.**

**AUG 21 — GETTING INVOLVED WITH YOUR CHILD'S SCHOOL** Along with the notebooks, pens, and a new backpack, your children need parental involvement to succeed in school. Learn effective ways to be a part of your child's school experience. **2 WEBINARS: 12 p.m. - 12:30 p.m. and 1 p.m. - 1:30 p.m.**

**SEPT 18 — CARING FOR AN AGING RELATIVE** - According to the National Council on Aging, 29% of the US population will need to care for a chronically ill, disabled, or aging relative in the coming year. Learn how to determine the type of care needed, options typically available, and where to turn for help. **12 p.m. - 1 p.m.**

**OCT 16 — IDENTIFYING SIGNS OF ADDICTION IN A LOVED ONE** - There are key signs to consider if you think a loved one may have an addiction. This webinar will provide an overview of this complex situation and options to consider when looking for help. **12 p.m. - 1 p.m.**

**NOV 20 — EATING YOUR WAY TO WELLNESS** - Healthy eating can have a significant impact on your overall wellness. Learn to choose and prepare healthy foods, receive tips for eating healthy, and identify how to find resources to make healthy eating a lifelong habit. **2 WEBINARS: 12 p.m. - 12:30 p.m. and 1 p.m. - 1:30 p.m.**

**DEC 18 — SELF CARE: Remaining Resilient** - We've all heard the basics on how to deal with stress, but have we fully committed to implementing these in our lives? Learn the benefits of self care to become resilient to stress. **12 p.m. - 1 p.m.**

# NYS-BALANCE MONTHLY WEBINARS:

An online learning resource for you

To make learning less complicated, NYS-Balance provides online training through the monthly webinar series. Sessions cover a range of practical work and life topics.

## REGISTER IN ADVANCE OR VIEW LATER ONLINE

For any webinar that you plan to attend, be sure to register in advance on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online at your convenience.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit [www.worklife.ny.gov](http://www.worklife.ny.gov).

Andrew M. Cuomo, Governor,  
State of New York

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Please contact your Human Resources Office, EAP Coordinator, or Work-Life Services at [worklife@goer.ny.gov](mailto:worklife@goer.ny.gov) for the username and password to access this website or for the toll-free number to call NYS-Balance.

**life**  
less complicated