



## WEBINAR CALENDAR:

JULY - NOV webinars are from 12 p.m. - 1:00 p.m.  
DECEMBER webinars are from 12 p.m. - 12:30 p.m.  
and from 1:00 p.m. - 1:30 p.m.

**JULY 18 — FAMILY TIES** - In the 21st century, families come in all shapes and sizes. Explore the diversity of today's families and what that word means for you.

**AUG 15 — NOBODY LIKES A BULLY: Bullying in the Workplace** - Dealing with difficult personalities at work is a reality, but bullies pose a greater challenge. Learn how to identify hostility in the workplace and how to handle the bullies who create it.

**SEPT 19 — SUDDENLY YOU'RE A CAREGIVER** - Becoming a caregiver for a dependent adult can happen in the blink of an eye. Learn how to prepare yourself so you're ready for action when faced with this challenge.

**OCT 17 — GETTING YOUR AFFAIRS IN ORDER: Five Essential Documents** - Be prepared and organized for your future and that of your family. Learn about the five documents that everyone should have in order to be prepared for the unexpected.

**NOV 21 — TEACHING YOUR CHILDREN RESPONSIBILITY** - Learn methods to encourage and nurture responsibility in children of all ages. Help your children grow to become good decision makers.

**DEC 19 — THE PATH TO INNER PEACE** - Through a greater examination of self, as well as of your personal and work environments, you can take steps down the path to inner peace.

# 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