

# 2020 ComPsych Webinar Calendar

## February

Date & Time	Topic	Description
2/5 @ 11:30AM CST <a href="#">Register for February 5 Webinar</a>	<b>Emotional Eating: The Connection Between Mood and Food</b>	This workshop will address the relationship between emotions and food consumption and how to restrain your body and mind to recognize the cues of hunger and to eat for psychological and not emotional reasons.
2/27 @ 11:30AM CST <a href="#">Register for February 27 Webinar</a>	<b>The New Realities of Home Ownership</b>	This workshop is for anyone who is considering purchasing a home as well as current homeowners who are thinking about refinancing.



For each Webinar you attend, you will receive **50 Vitality Points**  
up to a max of 1,200 Vitality Points/Program Year

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## March

Date & Time	Topic	Description
3/5 @ 11:30AM CST <a href="#">Register for March 5 Webinar</a>	<b>Eating Healthy on a Budget</b>	Don't let the idea that healthy food is expensive keep you from striving for a balanced diet. Take some time to learn new strategies to stick to your budget while enjoying healthy, nutritious foods.
3/12 @ 11:30AM CST <a href="#">Register for March 12 Webinar</a>	<b>Cutting Through the Clutter</b>	In this workshop you will learn that clutter is not the result of sloppiness, laziness or incompetence but several surmountable obstacles. Recognizing the source of your clutter problem can empower you to address the problem directly and without shame.

## April

Date & Time	Topic	Description
4/2 @ 11:30AM CST <a href="#">Register for April 2 Webinar</a>	<b>Know Before You Go: Preparing for a Visit to the Doctor</b>	To get the most from your health care providers (HCPs) and an accurate diagnosis, preparation is the key.
4/22 @ 11:30AM CST <a href="#">Register for April 22 Webinar</a>	<b>Running on "E:" Adding Energy and Fun to Your Life</b>	This workshop is for anyone wanting to add energy and fun to their workday. It will help you to not only survive but also thrive in today's high-pressure world.



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## May

Date & Time	Topic	Description
5/7 @ 11:30AM CST <a href="#">Register for May 7 Webinar</a>	<b>School's Out: Getting Everyone Through the Summer</b>	For many working families, summer presents the challenges of balancing adult work schedules with the desire to provide safe, fun activities for children. This workshop offers several ideas on summer activities and provides practical suggestions on how to keep kids safe while you're at work.
5/28 @ 11:30AM CST <a href="#">Register for May 28 Webinar</a>	<b>Hobbies for Mental and Physical Health</b>	By choosing to spend time on engaging activities that we truly enjoy, we are more likely to be the best version of ourselves. This workshop is for anyone who would like to de-stress, improve their ability to focus, and feel better about themselves.

## June

Date & Time	Topic	Description
6/11 @ 11:30AM CST <a href="#">Register for June 11 Webinar</a>	<b>Understanding the Importance of Credit in Today's Economy</b>	In today's economy, having good credit is more essential than ever. This workshop is for anyone seeking to understand what is considered good credit, how to improve their credit score or understand their credit reports.
6/16 @ 11:30AM CST <a href="#">Register for June 16 Webinar</a>	<b>Being Part of a Multigenerational Team</b>	This workshop will provide an understanding of different working styles, preferences and how each generation expects to be treated as team members.



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## July

Date & Time	Topic	Description
7/15 @ 11:30AM CST <a href="#">Register for July 15 Webinar</a>	<b>Being a Socially Responsible Person</b>	In this seminar, the benefits of being a socially responsible individual and ways to increase social responsibility will be explored.
7/28 @ 11:30AM CST <a href="#">Register for July 28 Webinar</a>	<b>Options for Financing College</b>	This session will cover the most effective strategies for planning and funding the rising costs of a college education.

## August

Date & Time	Topic	Description
8/6 @ 11:30AM CST <a href="#">Register for August 6 Webinar</a>	<b>Teaching Your Kids How to Manage Money</b>	By encouraging children to gain experience with earning, saving, and spending money, we can provide them with fundamental financial experience that can reduce the likelihood of financial difficulties often experienced in early adulthood.
8/20 @ 11:30AM CST <a href="#">Register for August 20 Webinar</a>	<b>Sleep: An Essential Component of Health and Wellbeing</b>	This workshop provides the latest research findings regarding the importance of sleep and offers participants suggestions on how to improve.



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## September

Date & Time	Topic	Description
9/3 @ 11:30AM CST <a href="#">Register for September 3 Webinar</a>	<b>Extracurricular Activities: How Much is Too Much</b>	Too many activities can add additional stress to the normal stress kids deal with by being full-time students. Determining how many activities is too many can make a big difference in the stress level of kids and families.
9/15 @ 11:30AM CST <a href="#">Register for September 15 Webinar</a>	<b>Helping a Loved One Through Difficult Times</b>	When someone close to you is going through a tough time, you may want more than ever to show your love and support. Yet sometimes at their most trying times, loved ones may appear to pull away from you. In this workshop we'll explore the difficulties that people in this position face, and discuss what you can do and, importantly, what you should not do in these situations.

## October

Date & Time	Topic	Description
10/8 @ 11:30AM CST <a href="#">Register for October 8 Webinar</a>	<b>Opioids: Understanding the Dangers and Ways to Help</b>	This training will address the nature and impact of opioid addiction, how opioid addiction develops, the unique dangers associated with opioid use and options for treatment.
10/29 @ 11:30AM CST <a href="#">Register for October 29 Webinar</a>	<b>Let's Talk Politics: How to Have Impassioned Disagreements without Damaging Relationships</b>	Instead of allowing political discussions to destroy relationships, what if we could use these conversations to examine our own beliefs, look at facts and find common ground?



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## November

Date & Time	Topic	Description
11/10 @ 11:30AM CST <a href="#">Register for November 10 Webinar</a>	<b>Mental Health Awareness</b>	This training is designed to reduce the stigma associated with mental illness and to promote ways of supporting one another in the workplace. The session will address signs and symptoms of distress and effective ways of providing support for co-workers.
11/17 @ 11:30AM CST <a href="#">Register for November 17 Webinar</a>	<b>Gratitude: A Skill for Happier Living</b>	Gratitude is a skill anyone can learn as an alternative to regret and fear. We can focus on the positive elements of our lives with a few simple practices. Rather than being grateful because we “ought to,” we can choose gratitude as a way of looking forward to each day.

## December

Date & Time	Topic	Description
12/3 @ 11:30AM CST <a href="#">Register for December 3 Webinar</a>	<b>Making the Most of Family Occasions</b>	This workshop is for parents interested in creating less stressful, more pleasant and meaningful family events for their children.
12/15 @ 11:30AM CST <a href="#">Register for December 15 Webinar</a>	<b>Rewards and Challenges of the Blended Family</b>	With more than half of all marriages ending in divorce, and the majority of divorced individuals finding new partners, the number of blended families is growing. This type of situation can create a range of challenging issues, both practical and emotional. Patience, understanding and open communication can help make the transition smoother for everyone.



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