

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: Thursday, August 8, 2019, 12-1:00pm
Where: BP Design Theater UAF Engineering Learning & Innovation Facility 4th Floor
Registration Link: <https://forms.gle/xMJNDZv9DBXofcVZ7>

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 RESILIENCE DURING TOUGH ECONOMIC TIMES

When: Thursday, August 15, 2019, 12-1:00pm
Where: Wood Center Conference Room E/F
Registration Link: <https://forms.gle/77m4cAAQekzcz4HAA>

5 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>

6

EFFECTIVE BUDGETING

When: Thursday, August 22, 2019, 12-1:00pm
Where: Murie Auditorium
Registration Link: <https://forms.gle/4h3XcubC7MBED22KA>

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: Thursday, August 29, 2019, 12-1:00pm
Where: BP Design Theater UAF Engineering Learning & Innovation Facility 4th Floor
Registration Link: <https://forms.gle/atzbNbGksKqzs2qF7>

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: Thursday, September 5, 2019, 12-1:00pm
Where: Wood Center Conference Room E/F
Registration Link: <https://forms.gle/rH1eaZhZRhcbikkc6>

11

SELF CARE REMAINING RESILIENT

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