

# Wednesday Wellbeing Workshops



Access previous Wednesday Wellbeing workshops by clicking one of the titles below. You will be redirected to a page where you must “register” and a recording will play. Like all other EAP services, your use of these recordings is confidential. Chrome or Edge browsers are preferred for optimal performance.

## MANAGEMENT SUPPORT

- [Managing Staff Through Stressful Situations](#)
- [Mental Health Awareness for Leaders](#)

## BEHAVIORAL HEALTH AND WELLNESS

- [Loneliness and Social Isolation in Today's World](#)
- [Coping During Uncertain Times](#)
- [Understanding Depression](#)

## LEGAL AND FINANCIAL

- [Paying Off Debt While Building Wealth](#)

## OLDER ADULT CARE

- [Helping Your Senior Loved One Be Independent and Safe](#)

## PARENTING

- [Communicating the Tough Stuff to Your Child: Drugs, Alcohol, Sex and Peer Pressure](#)

## PERSONAL DEVELOPMENT

- [Unconscious Bias](#)
- [Becoming a Team Player](#)

## RESILIENCE

- [Moving Through Grief and Loss](#)

INTEGRIS Health Employee Assistance Program professionals are available 24/7 to help you and your family members with legal, financial, work-life, crisis intervention and personal counseling. INTEGRIS Health caregivers and their family members are eligible for eight free counseling sessions per issue per year for each individual.



## Here when you need us.

**Call:** 844-729-5171 **TTY:** 800-697-0353 **Online:** [guidanceresources.com](http://guidanceresources.com)

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