## **EAP WORKSHOP SCHEDULE**

## Fall 2025

Facilitated by: Michelle Stolicker, EAP Supervisor

Everyone who registers for a workshop (except NYS TRS Overview) will receive a replay link & copy of the Powerpoint slides regardless of whether you were able to attend live.\*

	October 15, 2025 Wednesday	Fighting Fatigue: Solving (Your) Energy Crisis With Michelle Stolicker, EAP Supervisor	Live Online Program	4:30-5:30pm	
	October 22, 2025 Wednesday	Left Wing, Right Wing  All Part of the Same Bird  With Michelle Stolicker, EAP Supervisor	Live Online Program	4:30-5:30pm	
	October 29, 2025	Imposter Syndrome: What It Is & How to Combat It With Michelle Stolicker, EAP Supervisor	Live Online Program	4:30-5:30pm	
	November 5, 2025  WYSTRS Overview  Wednesday  With NYSTRS Representative  *Please note that due to NYSTRS regulations, this program WILL NOT be recorded.  YOU MUST JOIN US LIVE either online or in person.				
	November 12, 2025 Wednesday	Retirement Planning: Everything BUT the Finances	Live Online Program	4:30-5:30pm	
	November 19, 2025 Wednesday	Simplify Your Life with Michelle Stolicker, EAP Supervisor	Live Online Program	4:30-5:30pm	
If you have a group in your school district interested in bringing a workshop directly to you either virtually or in person, please contact Michelle Stolicker at 1-800-EAP-8764 or 315-471-1361 or email her at <a href="mailto:eap@ocmboces.org">eap@ocmboces.org</a> .  All programs are FREE to attend for component district employees and family members.  TO REGISTER, PLEASE CHECK DESIRED COURSES  PLEASE RETURN ENTIRE FLYER via BOCES MAIL, US MAIL OR EMAIL					
Name:					
	School/School District:		Position_		
School Phone: Home/Cell Phone_					
	E-Mail Address (please print clearly):				
	If applicable, name of guest attending with you:				
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**RETURN:** Michelle Stolicker/ OCM BOCES Employee Assistance Program

906 Spencer Street c/o Prevention Network

Syracuse, New York 13204