EAP WORKSHOP SCHEDULE

Spring 2025

Facilitated by: Michelle Stolicker, EAP Supervisor

| March 12, 2025 | Atomic Habits With Michelle Stolicker, EAP Supervisor | Live Online Program | 4:30-5:30pm |
|-----------------------------|---|--|------------------------|
| March 19, 2025 Wednesday | NYSLRS Retirement Overview with NYSLRS Representative (For non-instruction*Note later start time for this program only; You also must attend this program live as NYS | | 5-6:30 pm* ne session. |
| March 26, 2025 Wednesday | Beyond Fight or Flight: A New Understanding of the Stress Response with Michelle Stolicker, EAP Supervisor | Live Online Program | 4:30-5:30pm |
| April 2, 2025 Wednesday | Balancing Work and Family with Michelle Stolicker, EAP Supervisor | Live Online Program | 4:30-5:30pm |
| April 9, 2025 Wednesday | Generation What? Who? Understanding & Appreciating Generational with Michelle Stolicker, EAP Supervisor | Live Online Program Differences | 4:30-5:30pm |
| May 7, 2025 Wednesday | Grieving the Loss of a Pet with Michelle Stolicker, EAP Supervisor | Live Online Program | 4:30-5:30pm |

If you are interested in a program, but are unable to attend live, please register anyway and note that on the registration form or in your registration email.

A link to the replay and a copy of the program slides will be sent to all enrollees regardless of attendance.

If you have a group in your school district interested in bringing a workshop directly to you, please call Michelle Stolicker at 1-800-EAP-8764 or 315-471-1361 or email her at eap@ocmboces.org to schedule a day and time.

All programs are FREE to component district employees and family members.

TO REGISTER, PLEASE CHECK DESIRED COURSES <u>PLEASE RETURN ENTIRE FLYER via BOCES MAIL, US MAIL OR EMAIL</u>

| Name: | | | | | |
|---|----------|--|--|--|--|
| School/School District: | Position | | | | |
| School Phone: Home/Cell Phone | | | | | |
| E-Mail Address (please print clearly): | | | | | |
| If applicable, name of guest(s) attending with you: | | | | | |
| ☐ I am unable to attend live, please send me the replay link & workshop slides following the program. | | | | | |

RETURN: Michelle Stolicker/ OCM BOCES Employee Assistance Program

906 Spencer Street c/o Prevention Network

Syracuse, New York 13204