

# EAP WORKSHOP SCHEDULE

## Spring 2026

Facilitated by: Michelle Stolicker, EAP Supervisor

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

- |  |                             |   |                     |                  |
|--|-----------------------------|---|---------------------|------------------|
| <input type="checkbox"/>   | March 11, 2026<br>Wednesday | <b>Diets Are Dumb</b><br>With Michelle Stolicker, EAP Supervisor  | Live Online Program | 4:30-5:30pm      |
| <input type="checkbox"/>   | March 25, 2026<br>Wednesday | <b>NYSLRS Overview</b><br>With NYSLRS Representative  | Live Online Program | <b>5-6:30pm*</b> |
| <b>*Please note that due to NYSLRS regulations, this program WILL NOT be recorded.<br/>YOU MUST JOIN US LIVE ONLINE on March 25th.</b> |                             |   |                     |                  |
| <input type="checkbox"/>   | April 15, 2026              | <b>When the ANTs (Automatic Negative Thoughts)<br/>Come Marching In</b><br>With Michelle Stolicker, EAP Supervisor                  | Live Online Program | 4:30-5:30pm      |
| <input type="checkbox"/>   | April 22, 2026<br>Wednesday | <b>Slow Your Scroll:<br/>Screentime Strategies</b><br>With Michelle Stolicker, EAP Supervisor                                       | Live Online Program | 4:30-5:30pm      |
| <input type="checkbox"/>   | April 29, 2026<br>Wednesday | <b>Feel Sense-ational:<br/>Tap Into the Power of Your 5 Senses</b><br>With Michelle Stolicker, EAP Supervisor                       | Live Online Program | 4:30-5:30pm      |
| <input type="checkbox"/>   | May 6, 2026<br>Wednesday    | <b>Caregiver Camp: Understanding &amp;<br/>Supporting Seniors Through Layers of Loss</b><br>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 [eap@ocmboces.org](mailto:eap@ocmboces.org) .

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: \_\_\_\_\_

**RETURN:**                    **Michelle Stolicker/ OCM BOCES Employee Assistance Program**  
**4709 Crossroads Park Drive**  
**Liverpool, NY 13088**