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|  | **THEME** | **ONLINE SEMINAR** | **DESCRIPTION**  Seminars can be found on your EAP home page, or you can search for them by title. |
| JAN | **Self-Care and Nature** | **Rays of Sunshine**  Available on Demand Starting **Jan 17th** | Explore the benefits of getting outdoors as a part of your self-care routine. |
| FEB | **Overcoming Loneliness** | **Tackling Loneliness**  Available on Demand Starting **Feb 21st** | Learn practical steps on how to overcome loneliness and build better connection with others. |
| MAR | **Setting Boundaries** | **Set Boundaries and Boost Your Wellbeing**  Available on Demand Starting **Mar 21st** | Look at the benefits of having healthy boundaries, and how we can practice setting boundaries in everyday lives. |
| APR | **Sustainability** | **Guiding Your Family to Greener Living**  Available on Demand Starting **Apr 18th** | Explore the steps towards greener living and how to guide our family to living more sustainably. |
| MAY | **Listening** | **Are You a Good Listener?**  Available on Demand Starting **May 16th** | Discussion on the benefits of being a good listener and learn practical tips on how to be a better listener. |
| JUN | **Points of View** | **Keeping an Open Mind**  Available on Demand Starting **Jun 20th** | Discover how to keep an open mind about yourself and others and the benefits of keeping an open mind. |
| JUL | **Parenting Questions** | **Overcoming Parental Guilt**  Available on Demand Starting **Jul 18th** | Find out how to overcome parental guilt and continue to do your best. |
| AUG | **Money Management** | **Digging Deep**  Available on Demand Starting **Aug 15th** | Explore how to have smart financial management and learn practical steps on getting out of financial ruts. |
| SEP | **Gratitude Mindset** | **The Gratitude Habit**  Available on Demand Starting **Sep 19th** | Discover how to build gratitude habits in our daily lives. |
| OCT | **Reactions** | **Pause. Breathe. Resume.**  Available on Demand Starting **Oct 17th** | Learn how to notice our own thoughts and how we react to them, and channel energy when handling challenges. |
| NOV | **Caregiving** | **Caring for the Caregiver**  Available on Demand Starting **Nov 21st** | Explore how to take care of yourself and cope with caregiver stress while supporting your loved ones. |
| DEC | **Embrace Change** | **Making a Change**  Available on Demand Starting **Dec 19th** | Learn how to make a change for the better and learn practical tips to embrace the discomfort of change. |

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| **To access:**  **www.anthemeap.com**  **Password:** **VBA**  **(800) 346-5484** |  |