

**Carolinas HealthCare System  
Employee Assistance Program  
Educational Workshops  
1<sup>st</sup> Quarter 2010**

<b>Date</b>	<b>Subject</b>	<b>Goal</b>	<b>Location</b>
January 8 <sup>th</sup> 12:00 -1:00 pm	<i>Goal Setting</i>	Create strategies to achieve results you want.	Albemarle, NC
January 19 <sup>th</sup> , 26 <sup>th</sup> and February 2 <sup>nd</sup> 5:30 – 6:30 pm	<i>Smoking Cessation</i>	Identify strategies for successful cessation.	Monroe, NC
January 19 <sup>th</sup> , 26 <sup>th</sup> and February 2 <sup>nd</sup> 5:30 – 6:30 pm	<i>Smoking Cessation</i>	Identify strategies for successful cessation.	Charlotte, NC
January 21 <sup>st</sup> 5:30 – 6:30 pm	<i>Goal Setting</i>	Create strategies to achieve results you want.	Concord, NC
February 8 <sup>th</sup> 11:30 am-12:30 pm or 12:45 -1:45 pm	<i>Goal Setting</i>	Create strategies to achieve results you want.	Shelby, NC
February 9 <sup>th</sup> and 16 <sup>th</sup> 5:30 - 6:30 pm	<i>Couples Communication</i>	Discover how to identify and meet the needs of your partner.	Charlotte, NC Charleston, SC
February 10 <sup>th</sup> and 17 <sup>th</sup> 5:30 - 6:30 pm	<i>Couples Communication</i>	Discover how to identify and meet the needs of your partner.	Charleston, SC
February 17 <sup>th</sup> 3:00 – 4:00 pm (EST)	<i>Goal Setting (Webinar)</i>	Create strategies to achieve results you want.	Via the Internet
March 2 <sup>nd</sup> 5:30 - 6:30 pm	<i>Anger Management</i>	Obtain skills to help control anger.	Charlotte, NC
March 2 <sup>nd</sup> 12:00 - 1:00 pm	<i>Children of Separation/Divorce</i>	Parents learn effective strategies to help children with the change.	Albemarle, NC
March 3 <sup>rd</sup> 12:00 - 1:00 pm	<i>Children of Separation/Divorce</i>	Parents learn effective strategies to help children with the change.	Monroe, NC
March 10 <sup>th</sup> or 11 <sup>th</sup> Noon - 1:00 pm	<i>Budgeting</i>	Learn effective budgeting methods and skills.	Charleston, SC
March 11 <sup>th</sup> 5:30 - 6:30 pm	<i>Anger Management</i>	Obtain skills to help control anger.	Concord, NC

**Space is limited so please call  
704-355-5021 or 1-800-384-1097  
to register and for location.**

These dates and topics are subject to change based on demand.