

Carolinas HealthCare System
Employee Assistance Program
Educational Workshops
3rd Quarter 2010

Date	Subject	Goal	Location
July 1 st 5:30 pm - 6:30 pm	<i>Planning for Baby</i>	- obtain skills for work-life balance before and after baby arrives	Concord, NC
July 6 th 5:30 pm - 6:30 pm	<i>Planning for Baby</i>	- obtain skills for work-life balance before and after baby arrives	Charlotte, NC
July 13 th 5:30 pm - 6:30 pm	<i>Planning for Baby</i>	- obtain skills for work/life balance before and after baby arrives	Monroe, NC
July 20 th 5:30 pm - 6:30 pm	<i>Planning for Baby</i>	- obtain skills for work/life balance before and after baby arrives	Albemarle, NC
August 5 th Noon - 1:00 pm	<i>Back to School</i>	- learn about ways to manage your time effectively with the demands of children returning to school	Albemarle, NC
August 10 th 5:30 pm - 6:30 pm	<i>Anger Management</i>	- obtain skills to help control anger	Charlotte, NC
August 12 th Noon - 1:00 pm	<i>Back to School</i>	- learn about ways to manage your time effectively with the demands of children returning to school	Charlotte, NC
August 17 th Noon - 1:00 pm	<i>Back to School</i>	- learn about ways to manage your time effectively with the demands of children returning to school	Concord, NC
August 17 th Noon - 1:00 pm	<i>Care for the Caregiver</i>	- explore ways to take care of you while caring for the ones you love	Charleston, SC
August 18 th Noon - 1:00 pm	<i>Back to School</i>	- learn about ways to manage your time effectively with the demands of children returning to school	Monroe, NC
August 18 th Noon - 1:00 pm	<i>Care for the Caregiver</i>	- explore ways to take care of you while caring for the ones you love	Charleston, SC
August 24 th 11:30 am - 12:30 pm or 12:45 pm - 1:45 pm	<i>Professional Communication</i>	- obtain skills to enhance communication	Shelby, NC
August 26 th 6:30 am - 7:30 am	<i>Care for the Caregiver</i>	- explore ways to take care of you while caring for the ones you love	Charleston, SC
August 27 th 6:30 am - 7:30 am	<i>Care for the Caregiver</i>	- explore ways to take care of you while caring for the ones you love	Charleston, SC
August 31 st Noon - 1:00 pm	<i>Back to School (Webinar)</i>	- learn about ways to manage your time effectively with the demands of children returning to school	Via the Internet
September 7 th 5:30 pm - 6:30 pm	<i>Women's Work-Life Balance</i>	- create strategies for issues facing women in today's society	Charleston, SC
September 7 th 5:30 pm - 6:30 pm	<i>Couples Love Renewal Workshop</i>	- tips on how to reconnect with your partner and meet each other's needs	Monroe, NC
September 8 th 5:30 pm - 6:30 pm	<i>Women's Work-Life Balance</i>	- create strategies for issues facing women in today's society	Charleston, SC
September 9 th 5:30 pm - 6:30 pm	<i>Couples Love Renewal Workshop</i>	- tips on how to reconnect with your partner and meet each other's needs	Charlotte, NC
September 16 th 5:30 pm - 6:30 pm	<i>Couples Love Renewal Workshop</i>	- tips on how to reconnect with your partner and meet each other's needs	Concord, NC
September 21 st 5:30 pm - 6:30 pm	<i>Couples Love Renewal Workshop</i>	- tips on how to reconnect with your partner and meet each other's needs	Albemarle, NC

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

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