



Employee Assistance Program
3rd Quarter 2009 Educational Workshops

Date	Subject	Goal	Location
July 7, 14 & 21 5:30 - 6:30 pm	Smoking Cessation	- identify strategies for successful cessation	Charlotte, NC
August 4 5:30 – 6:30 pm	Women’s Group	-create strategies for issues facing women in today’s society	Albemarle, NC
August 11 5:30 – 6:30 pm	Women’s Group	- create strategies for issues facing women in today’s society	Concord, NC
August 12 11:30 am-12:30 pm or 12:45 – 1:45 pm	Dealing With Difficult People	-build skills to improve communication with others	Shelby, NC
August 13 & 20 5:30 – 6:30 pm	Couples Communication	- discover how to identify and meet the needs of your partner	Charlotte, NC
September 9 Noon – 1:00 pm	Work-Life Balance	- obtain tips for balancing work and home	Charlotte, NC
September 15 Noon – 1:00 pm	Work-Life Balance	- obtain tips for balancing work and home	Monroe, NC
September 23 Noon-1:00 pm (EST)	Work Life Balance (Webinar)	- obtain tips for balancing work and home	Via the Internet

**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.