

IMPORTANT REMINDER: Workshops scheduled during working hours require that you make the appropriate arrangements with your supervisors before registering. It is at the supervisor's discretion whether the workshop is seen as acceptable as an in-service training.

Clear Direction for a Confident Retirement

April 2, 2009 (3:00-4:45 PM)
 MEMBERS Financial Services & StanCERA

For those approaching retirement or if you've already retired, plan to attend this workshop on retirement income. It will give you a clear direction for a confident retirement and illustrate the importance of creating a comprehensive retirement income plan—a plan that includes your financial objectives and takes into account obstacles like inflation and health care costs.

Estate Planning

April 2, 2009 (5:30-7:15 PM)
 MEMBERS Financial Services & Atty. Judy Jensen

This workshop covers the financial and legal issues involved with proper estate planning such as: estate planning problems with probate; strategies to cut estate taxes and probate expenses; estate allocation techniques; is a will good enough; proper beneficiary designations; planning for minor children; and the importance of trusting your estate.

Anger Management

April 7, 2009 (9:00 AM-12:00 Noon)
 Richard Williams, LMFT

Anger is a normal reaction to life events. We will examine why certain situations evoke anger in us and what we can do to address this issue in a healthy and mature manner.

Assert Yourself: For Supervisors

April 9, 2009 (1:30-5:00 PM)
 Cynthia Chapa, LCSW

Good communication skills are essential for an effective supervisor. When you polish your assertive communication skills, you will be able to exercise greater influence on others, motivate, coach, and delegate with authority. Assertiveness skills can be learned and implemented quickly. This class will help you do just that!

Don't Let Your Fears Stop You

April 16, 2009 (9:30 AM-12:00 Noon)
 Cynthia Chapa, LCSW

Fear of taking risks and making mistakes sometimes stops us from moving ahead in our lives. We will explore the hurdles that keep us from experiencing life the way we want to live. We will discover ways we keep ourselves stuck and develop techniques for un-sticking ourselves.

Understanding & Coping with Depression

April 16, 2009 (3:00-5:30 PM)
 Richard Williams, LMFT

Depression can lead to eating and sleep disturbances, interfere with our social and family life and disable us at work. We will examine various types of depression, their causes, risk factors and treatment strategies.

Coping with Divorce

April 16-23, 2009 (2 Sessions, 5:00-6:30 PM)
 Rebecca Tucker, LCSW

While there is no real way to escape pain during divorce, having support and being understood can help. Participants will gain a broad, healthful perspective of the divorce process—enabling them to better navigate the troubled waters that divorce brings. This is a two-session workshop.

Memory: Use It or Lose It

April 21, 2009 (9:00 AM-12:00 Noon)
 Richard Williams, LMFT

Learn how to use memory as a tool to store and remember, and how getting older affects our memory and what we can do to maintain and even enhance our ability to remember the things that are important to us.

College Financing 101

April 23, 2009 (5:30-7:00 PM)
 Valley First Credit Union

Rising college tuition costs continue to outpace inflation. However, through a combination of long-term savings and an understanding of financial aid opportunities, participants will learn how they can make continuing education for their kids or themselves a reality.

Dealing with Difficult People

May 5, 2009 (8:30-11:30 AM)
 Richard Williams, LMFT

Learn how to deal effectively with difficult people and avoid becoming a difficult person yourself!

Solving the Mystery of Credit Report

May 7, 2009 (5:30-7:00 PM)
 Valley First Credit Union

Credit reports and credit scores, as well as the rights and responsibilities that accompany them, are a concern to many consumers. This seminar provides an overview of credit bureaus, credit scoring and the Fair Credit Reporting Act as well as specific guidance on disputing inaccuracies, improving the credit score, and dealing with identity theft and fraud.

Doing It All as a Single Parent

May 14, 2009 (3:30-6:00 PM)
 Richard Williams, LMFT

Learn about how to be an effective single parent. Other issues discussed will include parenting styles, children's perspectives and difficulties unique to having only one parent in the home and how to take care of yourself.

Healthy Communication

May 19, 2009 (8:30-11:30 AM)
 Richard Williams, LMFT

This workshop will examine various non-verbal forms of communication, with a specific focus upon how we can enhance the skills within ourselves that will enable us to better understand and be understood by others.

New Date! The Benefits of Relaxation & Meditation

May 20, 2009 (3:00-5:00 PM)
 Cynthia Chapa, LCSW

Relaxation is the antidote to stress. Being able to find ways to experience relaxation can help to decrease symptoms of stress, enhance performance, and achieve more personal balance. Come to this experiential workshop to learn several different ways of experiencing relaxation and learn about what works best for you.

Making Stress Work for You

May 28, 2009 (9:00 AM-12:00 Noon)
 Cynthia Chapa, LCSW

We have a plan to give you life without allowing stress to take over your life. We will help you learn how to deal with stress and how to take control of your life.

CANCELLED

REGISTRATION FORM

PLEASE PRINT CLEARLY

Sign up for [choice(s)]:

Confident Retirement

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Name _____

Daytime Phone No. _____

Other: _____

E-Mail Address _____

Guest's Name _____

Relationship _____

(Please indicate which workshop your guest is attending with you on the line below.)

Place of Employment:



IF STANISLAUS COUNTY, PLEASE PROVIDE DEPARTMENT NAME:
(Ex: BHRS, CSA, DER, HSA)



Would you like to be reminded by: E-mail? Phone?

Please fill out this form and fax to Workplace Wellness at 558-8483.

You will be notified either by phone or e-mail for confirmation & location (if available) within 48 hours upon receipt of registration.

For more information, please call Workplace Wellness at 558-8466 or visit us online at:

www.WorkplaceWellness.org

WORKPLACE WELLNESS USE ONLY (APRIL & MAY 2009)

ENTERED BY & DATE: _____ CONFIRMED BY & DATE: _____