



# WORKSHOP CALENDAR FOR August & September 2008

**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.

## August

### HEALTHY COMMUNICATION

**Presenter: Richard Williams, LMFT**  
**August 6, 2008 (8:30-11:30 AM)**

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.

### CARING FOR THOSE WITH A CHRONIC/LONG-TERM ILLNESS

**Presenter: Community Hospice**  
**August 6, 2008 (5:30-6:30 PM)**

Community Hospice discusses the Care-giving process and the progression, steps for caring for the caregiver, community resources, and how they can best help families cope.

### MAKING STRESS WORK FOR YOU

**Presenter: Cynthia Chapa, LCSW**  
**August 14, 2008 (2:00-5:00 PM)**

We all have stress. Learn how to live you life without allowing stress to take over your life and wear down your body and mind.

### ANGER MANAGEMENT

**Presenter: Richard Williams, LMFT**  
**August 14, 2008 (2:30-5:30 PM)**

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.

## September

### ASSERT YOURSELF: FOR SUPERVISORS

**Presenter: Cynthia Chapa, LCSW**  
**September 4, 2008 (1:30-5:00 PM)**

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!

### CLEAR DIRECTION FOR A CONFIDENT RETIREMENT

**Presenters: MEMBERS Financial Services & StanCERA Rep.**  
**September 4, 2008 (3:00-4:45 PM)**

If you are retired or approaching retirement, plan to attend this workshop. Get a clear direction for a confident retirement and realize the importance of creating an inclusive retirement income plan that

includes obstacles like inflation and health care costs in this 1-session workshop.

### WOMEN AND INVESTING

**Presenter: MEMBERS Financial Services**  
**September 4, 2008 (5:30-7:15 PM)**

Discuss the differences in the way women journey through their financial lives. Class covers preparing for financial freedom; placing money where it will work harder; and finding your comfort level between risk and reward

### IS MY KID DEPRESSED OR IS IT JUST THE BLUES?

**Presenter: Richard Williams, LMFT**  
**September 9, 2008 (2:30-4:30 PM)**

Childhood through adolescence is full of ups and downs and it can be hard for a parent to know what is normal and what is more serious. This workshop will examine common causes of depression beginning in early childhood through adolescence and provide ways to assess and help prevent the onset of depression. Time will be allowed for discussion, questions & answers.

### RELATIONSHIP RENEWAL

**Presenter: Cynthia Chapa, LCSW**  
**September 16, 23 & 30, 2008 (5:30-7:30 PM)**

Relationship problems are the number one reason people seek counseling. Many couples develop patterns of communication that become unhealthy and can result in anger and conflict in the relationship. Participate in these interactive group sessions where you'll learn new ways of communicating with your partner that will minimize tension and encourage healthy ways of relating. This is a (3) three-session workshop. Partners are welcome.



### CHILDREN OF DIVORCE

**Presenter: Richard Williams, MFT**  
**September 17, 2008 (8:30-11:30 AM)**

This workshop will examine the complex issue from the child's perspective in order to help parents deal more effectively with their children's level of distress and sense of insecurity.

### DON'T LET YOUR FEARS STOP YOU

**Presenter: Cynthia Chapa, LCSW**  
**September 25, 2008 (2:30-5:00 PM)**

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.

# REGISTRATION FORM

PLEASE PRINT CLEARLY

Sign up for [choice(s)]:

Name \_\_\_\_\_

**Healthy Communication**

August 6 (8:30-11:30 AM)

Daytime Phone No. \_\_\_\_\_ Other: \_\_\_\_\_

**Caring for Those with Chronic/Long-Term Illness**

August 6 (5:30-6:30 PM)

E-Mail Address \_\_\_\_\_

**Making Stress Work for You**

August 14 (2:00-5:00 PM)

Guest's Name (Please indicate which workshop your guest is attending with you.) \_\_\_\_\_

**Anger Management**

August 14 (2:30-5:30 PM)

Place of Employment:

**Assert Yourself: For Supervisors**

September 4 (1:30-5:00 PM)



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

**Confident Retirement**

September 4 (3:00-4:45 PM)



**Women and Investing**

September 4 (5:30-7:15 PM)

**Is My Kid Depressed or Is It Just the Blues?**

September 9 (2:30-4:30 PM)

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

**Relationship Renewal (3-Session Workshop)**

September 16, 23 & 30 (5:30-7:30 PM)



**Children of Divorce**

September 17 (8:30-11:30 AM)

**Don't Let Your Fears Stop You**

September 25 (2:30-5:00 PM)

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](http://www.WorkplaceWellness.org)

WORKPLACE WELLNESS USE ONLY (AUGUST/SEPTEMBER 2008)

ENTERED BY & DATE: \_\_\_\_\_ CONFIRMED BY & DATE: \_\_\_\_\_