

# WORKSHOP CALENDAR

## JANUARY to MARCH 2011

www.WorkplaceWellness.org

**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.

**NEW**

### TAKING A CLOSER LOOK AT ADHD & ANXIETY IN CHILDREN

January 5, 2011 (9:00 AM-11:00 AM)  
PRESENTER: Jennifer Johnson, LCSW

This workshop will review the general symptoms of both anxiety and ADHD. We will explore the similarities that sometimes lead to misdiagnoses. The workshop will introduce a number of tips to address behaviors related to both anxiety and ADHD.

**NEW**

### STEERING TOWARD RETIREMENT WITH IRA'S

February 3, 2011 (3:00 PM-4:45 PM)  
PRESENTERS: MEMBERS Financial Services

Co-sponsored by Workplace Wellness and Valley First Credit Union. As you move through life you're faced with many choices. Sometimes you take the right road. Sometimes you don't. Here's an opportunity to take the right road and steer toward your personal retirement goals. The workshop will help you answer the following questions:

- What's the difference between a traditional and a Roth IRA?
- How do I decide which type of IRA is right for me?
- How much can I contribute and when can I withdraw from my IRA?
- Should I consider a rollover from my 401(k) plan into an IRA?
- How will an IRA fit into my overall retirement plan?

**New Date**

### ESTATE PLANNING

February 10, 2011 (5:30 PM-7:00 PM)  
PRESENTER: MEMBERS Financial Services  
& Judy Jensen, Attorney-at-Law

Co-sponsored by Workplace Wellness and Valley First Credit Union. The workshop covers the financial and legal issues involved with proper estate planning, such as:

- Estate planning problems with probate.
- Strategies to potentially reduce estate taxes and probate expenses.
- Estate distribution techniques.
- Is a will good enough?
- Proper beneficiary designations.
- Planning for minor children.
- The importance of trusting your estate to a Trust.

### EXPLORING HEALTHY PARENTING PRACTICES

February 24, 2010 (9:00 AM-11:00 AM)  
PRESENTER: Jennifer Johnson, LCSW

Being a parent can sometimes be difficult. This workshop presents an overview of effective parenting practices while exploring some typical yet difficult child behaviors. We will also differentiate between punishment and discipline as it relates to the various parenting approaches.

### HANDLING STRESS & INCREASING LAUGHTER TO IMPROVE YOUR HEALTH

March 3, 2010 (9:00 AM-11:00 AM)  
PRESENTER: Jennifer Johnson, LCSW

Identify specific practices to decrease stress both at work and home. Taking a close look at what laughter does for us in regards to improving our health. Explore the benefits to having a good laugh now and then. Identify what exactly makes us laugh and identify how to make it happen more often.

Warning: this workshop may cause unexpected laughter.

**NEW**

### THE RETURN OF CONSERVATIVE INVESTING

March 3, 2011 (3:00 PM-4:45 PM)  
PRESENTER: MEMBERS Financial Services

Co-sponsored by Workplace Wellness and Valley First Credit Union. Market volatility. Low interest rates. Retirement risks. All of these "headwinds" are making it tougher than ever to know where to invest your retirement savings. Given today's turbulent economy, many consumers are considering a return to a more conservative approach. Is the time right for you to return to conservative investing?

Learn more about the challenges of today's economy and discover financial strategies you can use to incorporate conservative investing into your financial plan. You'll learn about:

- How conservative investments can help you face today's economic risks
- The difference between CDs and annuities
- The types of annuities-fixed, index and immediate – and the advantages of each
- How to decide which conservative investment is right for you

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### **THE THREE TRANSITIONS TO RETIREMENT**

**March 3, 2011 (5:30 PM-7:00 PM)**

PRESENTER: MEMBERS Financial Services

Co-sponsored by Workplace Wellness and Valley First Credit Union. Are you ready to retire?

There are three transitions you need to prepare for – in addition to financial changes there are also lifestyle and emotional transitions that you'll experience. During this session you'll learn:

- How to confidently address the financial, lifestyle and emotional transitions to retirement.
- How to guard against risks and manage those that are inevitable.
- Whether you are ready for retirement- take the test and review the checklists.

### **7 LEARNABLE SKILLS TO BUILD RESILIENCY**

March 10, 2010 (9:00 AM-11:00 AM)

PRESENTER: Jennifer Johnson, LCSW

We will define exactly what resiliency is and how it impacts peoples' lives. We will also explore seven learnable skills to enhance resilient characteristics in our own lives.

### **UNDERSTANDING THE EFFECTS OF BULLYING FOR BOTH THE BULLY & THE BULLIED**

March 17, 2010 (9:00 AM-11:00 AM)

PRESENTER: Jennifer Johnson, LCSW

Explore the effects of bullying behavior, identify the issues with the bully and with those being bullied. Identify some helpful parental responses based on current research to use with their children in regards to the topic of bullying.

### **DOES MY CHILD (OR FAMILY MEMBER) HAVE QUESTIONS ABOUT BEING GAY AND IF SO, WHAT SHOULD I KNOW ABOUT THE TOPIC?**

March 24, 2010 (9:00 AM-11:00 AM)

PRESENTER: Jennifer Johnson, LCSW

Explore the coming out stages and its effects on the individual and the family. Identify some healthy communication practices to utilize with your child (despite their age). Increase your knowledge with fact based information on the topic so that you can begin processing this experience and maintain healthy loving connections with your child (or family member).

### **DEVELOPING YOUR COMMUNICATION & PEOPLE SKILLS**

March 31, 2010 (9:00 AM-11:00 AM)

PRESENTER: Jennifer Johnson, LCSW

Improve your communication practices with others. Explore ways to keep your self in check and grounded during difficult interactions. Learn the benefits of connecting with other people and identify some helpful practices when doing so.



**REGISTRATION FORM**

PLEASE PRINT CLEARLY

Name	Daytime Phone No.	Other:
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E-Mail Address

Guest's Name	Relationship	Title of workshop your guest is attending
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Place of Employment [please ✓ one]:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 IF STANISLAUS COUNTY, PLEASE PROVIDE DEPARTMENT NAME: (Ex: BHRS, CSA, DER, HSA)	 Stanislaus County Office of Education	 VALLEY FIRST CREDIT UNION	 STANISLAUS CONSOLIDATED FIRE

Sign up for [✓ choice(s)]:

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| <p><b>Taking a Closer Look at ADHD &amp; Anxiety in Children</b></p> <p><input type="checkbox"/> Jan. 5, 2011 (9:00 AM-11:00 AM)</p> <p><b>Steering Toward Retirement with IRAs</b></p> <p><input type="checkbox"/> Feb. 3, 2011 (3:00 PM-4:45 PM)</p> <p><b>Estate Planning</b></p> <p><input type="checkbox"/> <b>Feb. 10, 2011</b> (5:30 PM-7:00 PM) <i>New Date</i></p> <p><b>Exploring Healthy Parenting Practices</b></p> <p><input type="checkbox"/> Feb. 24, 2011 (9:00 AM-11:00 AM)</p> <p><b>Handling Stress &amp; Increasing Laughter to Improve Your Health</b></p> <p><input type="checkbox"/> Mar. 3, 2011 (9:00 AM-11:00 AM)</p> <p><b>The Return of Conservative Investing</b></p> <p><input type="checkbox"/> Mar. 3, 2011 (3:00 PM-4:45 PM)</p> | <p><b>The Three Transitions to Retirement</b> <i>New Date</i></p> <p><input type="checkbox"/> <b>Mar. 3, 2011</b> (5:30 PM-7:00 PM)</p> <p><b>7 Learnable Skills to Build Resiliency</b></p> <p><input type="checkbox"/> Mar. 10, 2011 (9:00 AM-11:00 AM)</p> <p><b>Understanding the Effects of Bullying for Both the Bully and the Bullied</b></p> <p><input type="checkbox"/> Mar. 17, 2011 (9:00 AM-11:00 AM)</p> <p><b>Does My Child Have Questions About Being Gay</b></p> <p><input type="checkbox"/> Mar. 24, 2011 (9:00 AM-11:00 AM)</p> <p><b>Developing Your Communication &amp; People Skills</b></p> <p><input type="checkbox"/> Mar. 31, 2011 (9:00 AM-11:00 AM)</p> |
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Would you like to be reminded by (Please ✓ one):  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](http://www.WorkplaceWellness.org)