



WORKSHOP CALENDAR FOR JUNE & JULY 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.

❧ JUNE ❧

BASICS OF HOSPICE CARE

Presenter: Community Hospice
June 4, 2008 (3:30-5:00 PM)

Many of us will be impacted by serious illnesses or death. Whether it is our family members, friends, or ourselves. Information is the key to surviving any type of difficult situation. Community Hospice will review the philosophy of hospice care, the services that are related to end of life care, grief support, and other advocacy services.

ASSERT YOURSELF: BASIC

Presenter: Cynthia Chapa, LCSW
June 5, 2008 (9:00 AM-12:00 Noon)

Learn practical strategies for saying how you feel and asking what you want. Learn skills to improve your ability to express yourself without violating the rights of others or betraying your own integrity.

ASSERT YOURSELF: ADVANCED

Presenter: Cynthia Chapa, LCSW
June 5, 2008 (1:30-4:30 PM)

Must attend basic class before attending. For those who wish to pursue additional practice with assertion skills, with an emphasis on body language.

WOMEN AND INVESTING

Presenter: MEMBERS Financial Services
June 5, 2008 (3:00-4:45 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

UNDERSTANDING & DEALING WITH ANXIETY & PANIC

Presenter: Richard Williams, LMFT
June 10, 2008 (9:00-11:30 AM)

This workshop will define various forms of Anxiety and Panic disorders, examine their causes and risk factors, discuss various treatment strategies aimed at reducing the negative effects of Anxiety.

SOCIAL-EMOTIONAL ASPECTS OF DYING

Presenter: Community Hospice
June 11, 2008 (3:00-4:30 PM)

Community Hospice provides an explanation of the dying process and what patients go through as they move through the stages. The class also discusses the impact that the stages have on the caregiver and loved ones.



ATTENTION DEFICIT/HYPERACTIVITY DISORDER

Presenter: Richard Williams, MFT
June 19, 2008 (4:30-6:30 PM)

This workshop will provide the information necessary to help parents, teachers and caregivers identify a child or adolescent who suffers from ADHD. We will examine some of the causes of this disorder and talk about treatment strategies and approaches that can help children function more productively in their social/academic settings.

❧ JULY ❧

UNDERSTANDING TEENS: WHAT MAKES THEM SO SPECIAL?

Presenter: Richard Williams, MFT
July 10, 2008 (2:30-5:30 PM)

This workshop will provide information about the various developmental needs of the adolescent and how we, as parents, teachers and adult mentors, can help influence and guide them through this difficult journey.



BLENDED FAMILY ISSUES

Presenter: Richard Williams, MFT
July 15, 2008 (3:00-5:30 PM)

This workshop will examine some of the more difficult areas of adjustment for the children and the parents, with a specific focus upon how to assist the step-parent in their new role.

REGISTRATION FORM

PLEASE PRINT CLEARLY

Name _____

Daytime Phone No. _____ Other: _____

E-Mail Address _____

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

Place of Employment:

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







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

Sign up for [✓choice(s)]:

Basics of Hospice Care
June 4 (3:30-5:00 PM)

Assert Yourself: Basic
June 5 (9:00 AM-12:00 Noon)

Assert Yourself: Advanced
June 5 (1:30-4:30 PM)

Women & Investing
June 5 (3:00-4:45 PM)

Anxiety & Panic
June 10 (9:00-11:30 AM)

Social-Emotional Aspects of Dying
June 11 (3:00-4:30 PM)

 **ADHD**
June 19 (4:30-6:30 PM)

Understanding Teens
July 10 (2:30-5:30 PM)

 **Blended Family Issues**
July 15 (3:00-5:30 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

WORKPLACE WELLNESS USE ONLY (JUNE & JULY 2008)

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