

# Workshop Calendar for September-December 2010

**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**

September 2, 2010 (5:30 PM-7:15 PM) or  
November 4, 2010 (3:00 PM-4:45 PM)  
MEMBERS Financial Services &  
StanCERA Representative

Co-sponsored by Workplace Wellness and Valley First Credit Union. For those approaching retirement or if you've already retired, plan to attend this one session 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. Light refreshments provided.

### **Estate Planning**

September 2, 2010 (3:00 PM-4:45 PM) or  
November 4, 2010 (5:30 PM-7:15 PM)  
MEMBERS Financial Services & Atty. Judy Jensen

Co-sponsored by Workplace Wellness and Valley First Credit Union. 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. Light refreshments provided.

### **Understanding the Effects of Bullying for Both the Bully and the Bullied**

Sept. 15, 2010 (9:00 AM-11:00 AM)  
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 What Should I Know About the Topic?**

Sept. 29, 2010 (9:00 AM-11:00 AM)  
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 and People Skills**

November 3, 2010 (9:00 AM-11:00 AM)  
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.

### **Building Self Esteem and Resiliency in Young Children**

November 17, 2010 (9:00 AM-11:00 AM)  
Jennifer Johnson, LCSW

We will explore the concept of self-esteem, identify signs to watch for in our children and identify specific parenting practices to assist in the healthy development of self-esteem. We will also explore the bio-chemical neurological description of self-esteem and identify parenting practices to activate important brain chemicals.

### **Exploring Healthy Parenting Practices**

December 1, 2010 (9:00 AM-11:00 AM)  
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.

### **What is In-Utero Drug Exposure?**

December 8, 2010 (9:00 AM-11:00 AM)  
Jennifer Johnson, LCSW

Are you caring for a child that may have been exposed to drugs while in the womb (pre-birth)? Many people are raising foster, adoptive or kin related children that may have been exposed to a substance prior to birth. Such exposure can effect how a child navigates through the various developmental stages thereby affecting several aspects of the child's life (relationships, academics, motor skills, behavior or temperament...). We will explore this topic in depth and identify some parenting practices to utilize with the child.



**PLEASE SEE PAGE 2 FOR REGISTRATION FORM**

# REGISTRATION FORM

PLEASE PRINT CLEARLY

Name

Daytime Phone No.

Other:

E-Mail Address

Guest's Name

Relationship

Title of workshop your guest is attending

Place of Employment [please ✓one]:



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



Sign up for [✓choice(s)]:

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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)

WORKPLACE WELLNESS USE ONLY (SEPTEMBER - DECEMBER 2010)

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