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**LET US HELP**

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# **2024** Calendar

**Always Available | Free | Confidential**

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|  | **THEME** | **ONLINE SEMINAR** | **DESCRIPTION**  Seminars can be found on your home page, or you can search for them by title. |
| JAN | **Money and Emotion** | **Money Matters - Navigating Emotions for Financial Wellbeing**  Available on Demand Starting **Jan 16** | Discover how emotions can influence spending, trigger procrastination in challenging decisions, and impact your long-term financial health. |
| FEB | **Be an Influencer** | **Positive Impact - Become the Influence**  Available on Demand Starting **Feb 20** | Learn the art of being a positive influencer and how to inspire those around you, whether at work, at home, or in community. |
| MAR | **Bonding with Pets** | **Best (Furry) Friends**  Available on Demand Starting **Mar 19** | Explore the impact of pets on your life and how the presence of a pet can enhance your mental and emotional wellbeing. |
| APR | **Food for Thought** | **Food for Thought**  Available on Demand Starting **Apr 16** | Explore the connection between your plate and your physical health and how eating mindfully can nurture your mental wellbeing. |
| MAY | **Emotional Health** | **Balancing Act - Strategies for Mental Health**  Available on Demand Starting **May 21** | Explore effective strategies that can help you nurture and enhance your mental health. |
| JUN | **Feeling Fulfilled** | **Living Well 365 - Igniting Motivation for a Fulfilling Life**  Available on Demand Starting **Jun 18** | Explore strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits. |
| JUL | **Teenager in the House** | **Parenting Adolescents: Understanding Gen Z in Your Home**  Available on Demand Starting **Jul 16** | Equip parents and caregivers with insights and practical strategies to navigate the unique challenges and opportunities with teenage children. |
| AUG | **Recognition** | **Harnessing Positive Reinforcement for Success**  Available on Demand Starting **Aug 20** | Discover how recognition can inspire motivation, reinforce desired behaviors, and strengthen bonds in personal and professional spheres. |
| SEP | **Getting Creative** | **Crafting Joy: Finding Fulfillment in Creative Pursuits**  Available on Demand Starting **Sep 17** | Discover the art of trying new things, from exploring uncharted territories to diving into fresh hobbies that ignite your passion. |
| OCT | **Aging Parents** | **Aging Parents, Renewed Connections**  Available on Demand Starting **Oct 15** | Transitions of aging can sometimes be challenging, yet they also offer unique opportunities to deepen our relationships and rekindle connections. |
| NOV | **Humor and Relationships** | **Laughter Helps**  Available on Demand Starting **Nov 19** | Discover how a good laugh can boost your mood, strengthen relationships, and unlock a wealth of other benefits in this session. |
| DEC | **Tools for Life** | **Toolbox Talks**  Available on Demand Starting **Dec 17** | Take inventory of the different tools you have in your figurative toolbox and look at things differently. |