

Employee Assistance Program August - November 2018 Classes



For more details and to register for the classes listed, please visit

<http://scclearn.sccgov.org/>

Location for all EAP Classes: 2310 North First Street/Charcot San Jose

Coping with Grief and Loss

Moving through loss in your life.... Letting go!

We all have experienced losses in our lives. One of the most challenging losses is the loss of a loved one due to death, divorce or break up. There are different ways of mourning a loss and there is no one right or wrong way. However, sometimes you may feel stuck or find the grieving process overwhelming. If you have experienced a significant loss within the past year or two, this workshop is for you. Learn about the normal stages of grief and loss, explore and discuss your individual experience of grief and improve your coping skills. **Note: Class participants are expected to attend both sessions.**

**This two-part class will be held on: Tuesday, August 14, 2018 from 3:30 p.m. to 5:00 p.m.
Tuesday, August 21, 2018 from 3:30 p.m. to 5:00 p.m.**

Retirement Planning Workshop

EAP's Retirement: Ready or Not? Class will be a one hour workshop during lunch time. In Retirement: Ready or Not? You will learn how to manage the transition from the world of work to the world of retirement. Discover what the research shows about which groups of employees are at higher-risk for adjustment problems and learn how to avoid common pitfalls.

This workshop will be held on: Thursday, September 6, 2018 from 12 p.m. to 1:00 p.m.

Helping Your Aging Parents:
Facing the Challenges

County Employees who are faced with the practical and emotional challenges of helping their aging parents should attend this class. This class will be a combination of presentation of information and the opportunity for group sharing and problem-solving.

This one-part class will be held twice on two different dates:

Wednesday, October 24, 2018 from 3:00 p.m. to 5:00 p.m.
Or
Wednesday, November 7, 2018 from 3:00 p.m. to 5:00 p.m.

Write On! Writing for Fun and Health

Learn how to use writing to address life's many challenges. Discover the clarity, joy and just plain fun that can come from personal expression. This class will offer several individual writing exercises designed to help you enhance self-confidence, improve decision-making and sharpen goal-setting skills. You'll learn techniques to capture important memories, sort out confusing issues, work on problematic interpersonal relationships and ventilate difficult feelings in a safe manner.

Date of next class to be determined.

Somatic Activation:
Using the Body for Personal Growth

This class is about the mind-body phenomenon. Soma in Greek means "body," and in psychology we can study how the body keeps the score with memories, feelings and past traumas. The workshop will provide experiential exercises and training to increase self-knowledge in everyday life.

This one-part class will be held twice on two different dates:

Wednesday, October 17, 2018 from 3:00 p.m. to 5:00 p.m.
Or
Wednesday, November 14, 2018 from 3:00 p.m. to 5:00 p.m.

Three Musketeers
Resiliency, Happiness and Mindfulness

We are living in challenging times. When facing difficult situations, sometimes we bounce back quickly. Sometimes it takes us longer to get back on our feet. Life's challenges can be new opportunities for us to broaden our capacity to utilize our resilient traits and to find a deeper sense of meaning and happiness. In this class you will learn how to deal with life's many challenges more gracefully. You will learn how happiness and mindfulness can help you restore your natural resilience, and explore ways to regain a sense of peace, happiness and joy.

Date of next class to be determined.

Addiction:
A Family Matter

If you or someone you know is struggling with addiction (drugs, alcohol, food, gambling) this class may be helpful to you. Learn how to identify addiction, decide if treatment is needed and learn how to take care of yourself. This class will combine educational information about addiction and co-dependency along with group sharing and problem solving.

Date of next class to be determined.