

# Employee Assistance Program Schedule of Classes Winter and Spring 2017



For more details and to register for the classes listed, please visit  
[www.sccgov.org/sccllearn](http://www.sccgov.org/sccllearn)

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

## **Retirement Planning Workshop**

EAP's Retirement: Ready or Not? Class will now be included as part of the all-day Retirement Planning Workshop. 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: Tuesday, February 7, 2017 from 8:30 a.m. – 4:30 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. Facilitated by EAP staff, this class will be a combination of presentation of information and the opportunity for group sharing and problem-solving.

**This class will be held on: Wednesday, April 26, 2017 from 3:00 p.m. – 5:00 p.m.**

**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, February 21, 2017 from 3:30 p.m. – 5:00 p.m. And Tuesday, February 28, 2017 from 3:30 p.m. – 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. **This class will be held on: Wednesday, March 1, 2017 from 2:00 p.m. – 5:00 p.m.**

**Addiction:**  
*Why Can't It Just Stop!*

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.

**This class will be held on: Thursday, April 6, 2017 from 3:00 p.m. – 5:00 p.m.**

**Understanding Life Scripts:**  
*An Opportunity for Change*

Early events in our lives become a part of who we are, how we grow emotionally and who we become. We don't always understand the impact of our family history, the stories we have heard, our childhood experiences and how they play a part in our adult life. This interactive workshop will give us an opportunity to examine, rewrite or edit our life scripts. Participants will be asked to do some writing and sharing.

**This class will be held on: Thursday, May 4, 2017 from 3:00 p.m. – 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.

**This class will be held on: Tuesday, May 16, 2016 from 3:00 p.m. – 5:00 p.m.**