

Employee Assistance Program

Winter and Spring 2020 Classes

Enrollment for Winter classes opens 1/8/20 and for Spring classes 3/4/20

For more details and to register for the classes listed, please visit
<http://scclearn.sccgov.org/>

Locations for EAP Classes:

Charcot - 2310 North First Street San Jose

New EAP site -1885 The Alameda, Suite 214 San Jose

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 one-part class will be held on: Tuesday, February 25, 2020 from 12:00 p.m. to 1:00 p.m.
Tuesday, June 9, 2020 from 12:00 p.m. to 1:00 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, January 21, 2020 from 3:30 p.m. to 5:00 p.m.
Tuesday, January 28, 2020 from 3:30 p.m. to 5:00 p.m.**

**Tuesday, April 21, 2020 from 3:30 p.m. to 5:00 p.m.
Tuesday, April 28, 2020 from 3:30 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.

This one-part class will be held on: Tuesday, February 4, 2020 from 3:00 p.m. to 5:00 p.m.

Tuesday, May 5, 2020 from 3:00 p.m. to 5:00 p.m.

Parenting With Ease

Finding yourself being angry and frustrated with your children? Learn some key techniques in neutralizing arguing, ways to show up more empathetically, and how to take your power back as a parent. The course will entail a series of 3 experiential workshops inspired by the Love and Logic model, which will include parenting education, experiential exercises and group discussion. **Note: Class participants are expected to attend all three sessions.**

This three-part class will be held at New EAP site twice in the Winter and once in the Spring on:

**Friday, January 24, 2020 from 4:00 p.m. to 6:00 p.m.
Friday, January 31, 2020 from 4:00 p.m. to 6:00 p.m.
Monday, February 3, 2020 from 4:00 p.m. to 6:00 p.m.**

**Monday, March 9, 2020 from 4:00 p.m. to 6:00 p.m.
Monday, March 16, 2020 from 4:00 p.m. to 6:00 p.m.
Monday, March 23, 2020 from 4:00 p.m. to 6:00 p.m.**

**Monday, May 4, 2020 from 4:00 p.m. to 6:00 p.m.
Monday, May 11, 2020 from 4:00 p.m. to 6:00 p.m.
Monday, May 18, 2020 from 4:00 p.m. to 6:00 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 at New EAP site on six different dates:

**Wednesday, January 29, 2020 from 2:30 p.m. to 5:30 p.m.
Wednesday, February 26, 2020 from 2:30 p.m. to 5:30 p.m.
Wednesday, March 25, 2020 from 2:30 p.m. to 5:30 p.m.
Wednesday, April 29, 2020 from 2:30 p.m. to 5:30 p.m.
Wednesday, May 27, 2020 from 2:30 p.m. to 5:30 p.m.
Wednesday, June 24, 2020 from 2:30 p.m. to 5:30 p.m.**

Mindfulness and Compassion Fatigue

Working in the Santa Clara County can be an extremely taxing and stressful job. It is easy to get distracted, become over-worked, and get triggered by the content and subject matter of the field. This workshop will provide effective tools on how to avoid Burnout, Compassion Fatigue and Secondary Trauma. It is helpful to understand how secondary trauma works and ways to lookout for signs of work stress, because it typically stems from an un-balanced relationship to clients and co-workers. The class will teach mindfulness techniques as well as concentrate on better ways to practice caring for yourself and listening to your body for signs of fatigue and burnout.

**This one-part class will be held on three different dates: Friday, February 7, 2020 from 2:00 p.m. to 5:00 p.m.
Friday, April 10, 2020 from 2:00 p.m. to 5:00 p.m.
Friday, June 5, 2020 from 2:00 p.m. to 5:00 p.m.**