

2023 Calendar

| | THEME | ONLINE SEMINAR | DESCRIPTION |
|-----|-----------------------|--|--|
| | | | Seminars can be found on your home page under Online Seminars, or you can search for them by title. |
| JAN | Self-Care and Nature | <i>Rays of Sunshine</i> Available on Demand Starting Jan 17th | Explore the benefits of getting outdoors as a part of your self-care routine. |
| FEB | Overcoming Loneliness | <i>Tackling Loneliness</i> Available on Demand Starting Feb 21st | Learn practical steps on how to overcome loneliness and build better connection with others. |
| MAR | Setting Boundaries | <i>Set Boundaries and Boost Your Wellbeing</i> Available on Demand Starting Mar 21st | Look at the benefits of having healthy boundaries, and how we can practice setting boundaries in everyday lives. |
| APR | Sustainability | <i>Guiding Your Family to Greener Living</i> Available on Demand Starting Apr 18th | Explore the steps towards greener living and how to guide our family to living more sustainably. |
| MAY | Listening | <i>Are You a Good Listener?</i> Available on Demand Starting May 16th | Review the benefits of being a good listener, and learn practical tips on how to be a better listener. |
| JUN | Points of View | <i>Keeping an Open Mind</i> Available on Demand Starting Jun 20th | Discover how to keep an open mind about yourself and others and the benefits of keeping an open mind. |
| JUL | Parenting Questions | <i>Overcoming Parental Guilt</i> Available on Demand Starting Jul 18th | Find out how to overcome parental guilt and continue to do your best. |
| AUG | Money Management | <i>Digging Deep</i> Available on Demand Starting Aug 15th | Explore how to have smart financial management and learn practical steps on getting out of financial ruts. |
| SEP | Gratitude Mindset | <i>The Gratitude Habit</i> Available on Demand Starting Sep 19th | Discover how to build gratitude habits into our daily lives. |
| OCT | Reactions | <i>Pause.Breathe.Resume</i> Available on Demand Starting Oct 17th | Learn how to notice our own thoughts and how we react to them, and channel energy when handling challenges. |
| NOV | Caregiving | <i>Caring for the Caregiver</i> Available on Demand Starting Nov 21st | Explore how to take care of yourself and cope with caregiver stress while supporting your loved ones. |
| DEC | Embrace Change | <i>Making a Change</i> Available on Demand Starting Dec 19th | Learn how to make a change for the better and learn practical tips to embrace the discomfort of change. |

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