



WELLBEING WEBINARS

June 2022

KGA SERVICE OVERVIEW FOR EMPLOYEES, presented and hosted by KGA — Thursday, June 9, 12:00 – 1:00 p.m. KGA, your Employee Assistance Program, is a free and confidential benefit that provides support for employees and their family members. Learn how at our upcoming EAP Overview for Employees.

PROUD TO BE AN ALLY, with Bill Torres, Director of Support Services for the Ali Forney Center, hosted by Care@Work — Tuesday, June 14, 12:00 – 1:00 p.m. From coming out to one's family to facing micro-aggressions at work, life within the LGBTQI+ community can be challenging, even for those with strong support systems. As we celebrate PRIDE this year, we invite you to join us for a conversation about being an ally...to those in your family, your social circle and at work. Bill Torres, Director of Support Services for the Ali Forney Center, will share with us what true allyship looks like and how you make a difference. A little support goes a long way.

BECOMING A BETTER ALLY, with Gary Cormier, hosted by KGA — Tuesday, June 14, 1:00 – 2:00 p.m. An ally is a trusted force for good – being an ally is more than being sympathetic towards those who experience discrimination – it's more than believing in equality – it's being willing to act with and for others in pursuit of ending oppression and creating equality. The session includes five important steps one can take to be a better ally toward those from underrepresented communities.

MENTAL HEALTH RESPONSE, with Wynne Meyer, LMHC, CEAP, KGA Director of Training and Development Solutions, hosted by KGA — Thursday, June 16, 1:00 – 2:00 p.m. In this webinar, we will raise awareness of mental health issues and identify warning signs. Participants will learn how to recognize the most common symptoms of mental health and substance use issues and explore how to respond with sensitivity and compassion. We will also discuss do's and don'ts and how to direct others to appropriate resources.

ADULT/SENIOR CARE RESOURCES REVIEW, presented by Care@Work and KGA, hosted by the Office of Work/Life — Tuesday, June 21, 12:00 – 1:00 p.m. Learn about multiple resources to help you plan for and support elders or other dependent adults. Join Chandi Deitmer, LICSW, from Care@Work, and Betsy Pratt and Sarah Reynard from KGA, as they tell you how both programs provide expert advice, emotional support, and nation-wide referrals on adult-care issues. They will describe how these programs are different and how they work together to help you develop action plans to manage the ever-changing demands of caring for aging family members and other dependent adults.

THE 10 WARNING SIGNS OF ALZHEIMER'S, presented by Alzheimer's Association, hosted by KGA — Tuesday, June 21, 1:00 – 2:00 p.m. Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

UNDERSTANDING DIVERSITY, EQUITY & INCLUSION, presented by Jeff Rogers, hosted by KGA — Thursday, June 23, 1:00 – 2:00 p.m. Understanding DEI is a 1-hour interactive session that will demystify what Diversity, Equity, and Inclusion really are. There is no lecture --- it's a guided presentation, with exercises, anecdotes, and a great deal of facilitated conversation, that will help participants wrap their minds around why this lens is essential, where we sometimes go wrong, and what we can change to do better.

These programs are available for free for benefits-eligible faculty and staff only.

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