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COVID – 19 Informational Webinars and Support Group Schedule for the Week of May 18th

This week you are getting the best of National EAP's COVID-19 daily webinars! Monday through Thursday we will be replaying our most popular webinars! These are pre-recorded sessions.

Date and Time	Title	Registration
Monday 05/18/20 12 pm EST	Motivation Monday: Letting Go of What We Cannot Control	Register Here
Tuesday 05/19/20 12 pm EST	FOR LEADERS: Maintaining Employee Engagement During Turbulent Times	Register Here
Wednesday 05/20/20 12 pm EST	Positioning Yourself to Respond Positively to Change	Register Here
Thursday 05/21/20 12 pm EST	Therapist Talk: <i>Q&A About Sustaining Healthy Family Relationships During COVID-19</i>	Register Here
Thursday 05/21/20 1 pm EST	Virtual Support Group: <i>Practicing Self-Care and Managing Stress During the COVID – 19 Outbreak</i>	Email: julieprisco@nationaleap.com *Please note that this session is limited to 15 members
Friday 05/22/20 11 am EST	Virtual Support Group: <i>Practicing Self-Care and Managing Stress During the COVID – 19 Outbreak</i> Essential Workers ONLY Group	Email: julieprisco@nationaleap.com *Please note that this session is limited to 15 members
Friday 05/22/20	Live Virtual Meditation	Register Here

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