

Let's talk Politics – How to Have Impassioned Disagreements without Damaging Relationships

<https://attendee.gotowebinar.com/register/8029892163698801424>

Overview- Most believe their political views are based on fact and reflect important values, and these conversations can strain relationships. Learn to use disagreements to examine our own beliefs, and find common ground.

Objectives- Understand political divides and motivators; learn to explain viewpoints without judgement; relate to your opposition by finding common ground; utilize communication skills to decrease contention.

August 5th
Thursday
10:00 AM

* Time Management Tools: To-Do Lists, Calendars, Etc. –

<https://attendee.gotowebinar.com/register/1802609048120145679>

Overview- Our busy, chaotic lives can leave us feeling overwhelmed and out of control. Between all of our responsibilities, it sometimes feels as if keeping track is impossible. Let's find tools to help us gain control.

Objectives- We'll discuss tools for managing appointments, organizing tasks, and responsibilities; explore various calendaring systems. Discuss to-do lists, priority grids and prioritizing critical things, etc.

August 10th
Tuesday
6:00 PM

Moving Through Grief and Loss

<https://attendee.gotowebinar.com/register/5706024860371006736>

Overview- Coping with loss can be an overwhelming and emotionally trying experience. This workshop will help you understand, identify and accept your feelings as well as provide you with coping techniques.

Objectives- Understand how individuals grieve differently (physically, mentally, and emotionally); describe common emotions that surface during the grieving process, and ways to cope with grief.

August 17th
Tuesday
10:00 AM

* Informed or Informed? Healthy Media Consumption and Social Media Usage

<https://attendee.gotowebinar.com/register/1953087110050638096>

Overview- Media consumption can help you make good decisions, but also can make you sick. News and social media are significant sources of stress and anxiety. Learn to implement healthy media consumption and avoid damaging your mental and physical well-being.

Objectives- Describe how media consumption may impact mental and physical health; change the way you consume media so that you can avoid negative consequences and minimize exposure to negative behaviors; develop ways to overcome "catastrophizing" and "FOMO" (Fear Of Missing Out), etc.

