

Department of the Navy Civilian Employee Assistance Program (DONCEAP) 2015 Marketing Calendar

The *Your DONCEAP* newsletter and monthly campaigns provide information and insight on how to get the most out of life, feel empowered, and identify opportunities for improvement at home and work. Find more information through the website at DONCEAP.foh.hhs.gov.

Starting in May, additional webinar dates have been added for DONCEAP employees and supervisors.

CAMPAIGNS AND WEBINARS FOR EMPLOYEES

Month	Audience	Topic	Topic Highlights	Live Webinars	
May	All Employees	Recharge	<ul style="list-style-type: none"> – Taking a break – Finding time to unwind – Maintaining your work/life balance 	<i>Relax and Recharge</i>	
				May 13, 2015 2:00pm – 3:00pm ET Register Here	May 19, 2015 2:00pm – 3:00pm ET Join Webinar
June	All Employees	Retirement and Healthy Aging	<ul style="list-style-type: none"> – Preparing for retirement – Focusing on your future – Sandwich Generation 	<i>Preparing Emotionally for Retirement</i>	
				June 10, 2015 2:00pm – 3:00pm ET Register Here	June 17, 2015 2:00pm – 3:00pm ET Join Webinar
July	All Employees	Back to School Preparation	<ul style="list-style-type: none"> – Coping with child anxiety – Teaching children how to avoid stress – Getting ready for school 	<i>Coping with Child Anxiety</i>	
				July 8, 2015 2:00pm – 3:00pm ET Register Here	July 16, 2015 2:00pm – 3:00pm ET Join Webinar
August	All Employees	WorkLife Balance	<ul style="list-style-type: none"> – Setting limits – Setting realistic goals – Getting the most out of your day 	<i>Improving Work Habits for a Better WorkLife Balance</i>	
				August 12, 2015 2:00pm – 3:00pm ET Register Here	August 19, 2015 2:00pm – 3:00pm ET Join Webinar



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September	All Employees	Depression and Suicide	<ul style="list-style-type: none"> – Coping with suicide – Identifying symptoms of depression – Getting help 	<i>When Someone You Love Has Depression</i>	
				September 9, 2015 2:00pm – 3:00pm ET Register Here	September 15, 2015 2:00pm – 3:00pm ET Join Webinar
October	All Employees	Bullying Awareness	<ul style="list-style-type: none"> – Bullying at work – Children and bullies – Online bullying 	<i>Bullying Awareness</i>	
				October 14, 2015 2:00pm – 3:00pm ET Register Here	October 20, 2015 2:00pm – 3:00pm ET Join Webinar
November	All Employees	Holiday Survival	<ul style="list-style-type: none"> – Managing the holidays – The time crunch – Avoiding holiday stress 	<i>Holiday Survival</i>	
				November 18, 2015 2:00pm – 3:00pm ET Register Here	November 19, 2015 2:00pm – 3:00pm ET Join Webinar
December	All Employees	Caregiving	<ul style="list-style-type: none"> – Caregiving within a family – Challenges caregivers face – Becoming a better caregiver 	<i>Avoiding Caregiver Burnout</i>	
				December 9, 2015 2:00pm – 3:00pm ET Register Here	December 16, 2015 2:00pm – 3:00pm ET Join Webinar

