

WORKSHOP SCHEDULE

Winter 2021 Wellness Intersession

EMPLOYEE ASSISTANCE PROGRAM

Michelle Stolicker
EAP Supervisor

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|--------------------------|-------------------------------|---|----------------------|--------------|
| <input type="checkbox"/> | January 13, 2021
Wednesday | <i>Discover Your One Word
to Guide Your 2021</i>
<i>with Michelle Stolicker</i> | Live online via Zoom | 4:30-5:30 pm |
| <input type="checkbox"/> | January 20, 2021
Wednesday | <i>Making Health a Habit</i>
<i>with Michelle Stolicker</i> | Live online via Zoom | 4:30-5:30 pm |
| <input type="checkbox"/> | January 27, 2021
Wednesday | <i>Defeating Debt During COVID</i>
<i>with Andrea Colline, CCCS of Rochester</i> | Live online via Zoom | 4:30-5:30 pm |
| <input type="checkbox"/> | February 3, 2021
Wednesday | <i>Beating the Mid-Winter Blahs</i>
<i>with Michelle Stolicker</i> | Live online via Zoom | 4:30-5:30 pm |

If you are interested in a program, but are unable to attend live, please register and note that on the registration form and workshop materials will be sent to you following the completion of the workshop.

If you have a group in your school district interested in bringing a workshop directly to you either virtually or in-person (following appropriate COVID safety protocols), please call Michelle Stolicker at 1-800-EAP-8764 or 315-471-1361 or email her at cap@ocmboces.org.

All programs are FREE to component district employees and family members.

TO REGISTER, PLEASE CHECK DESIRED COURSES **PLEASE RETURN ENTIRE FLYER**

Name: _____

School/School District: _____ Position _____

School Phone: _____ Home/Cell Phone _____

E-Mail Address (please print clearly): _____

If applicable, name of guest attending with you: _____

- I am unable to attend the program live, please send me workshop materials following the program.

RETURN: Michelle Stolicker/ OCM BOCES Employee Assistance Program
906 Spencer Street c/o Prevention Network
Syracuse, NY 13204