

## March 2021 Calendar of Events

### **“Moving Through Grief and Loss”**

**March 10<sup>th</sup> / 12-1 PM**

**TEAMS**

[https://teams.microsoft.com/l/Moving\\_Through\\_Grief\\_and\\_Loss](https://teams.microsoft.com/l/Moving_Through_Grief_and_Loss)

Coping with the loss of a loved one can be an emotionally trying experience. Whether it's a parent, co-worker, friend or relative, the reality of losing someone close to you can feel overwhelming. This workshop will help you understand, identify, and accept your feelings as well as provide you with coping techniques to help you through the grieving process.

### **“Gratitude: A Skill for Happier Living”**

**March 17<sup>th</sup> / 12-1 PM**

**TEAMS**

[https://teams.microsoft.com/l/Gratitude:\\_A\\_Skill\\_for\\_Happier\\_Living](https://teams.microsoft.com/l/Gratitude:_A_Skill_for_Happier_Living)

Gratitude is a skill anyone can learn as an alternative to regret and fear. We can focus on the positive elements of our lives with a few simple practices. Providing sincere compliments can help us build relationships and be grateful for others. Rather than being grateful because we “ought to,” we can choose gratitude as a way of looking forward to each day.

### **“Riding the Wave: Big Feelings and How to Manage Them”**

**March 24<sup>th</sup> / 12-1 PM**

**TEAMS**

[https://teams.microsoft.com/l/Riding\\_the\\_Wave:\\_Big\\_Feelings\\_and\\_How\\_to\\_Manage\\_Them](https://teams.microsoft.com/l/Riding_the_Wave:_Big_Feelings_and_How_to_Manage_Them)

Mood disorders are conditions that cause people to feel intense, prolonged emotions.

### **“Soaking It Up: The New Normal”**

**March 31<sup>st</sup> / 12-1 PM**

**TEAMS**

[https://teams.microsoft.com/l/Soaking\\_It\\_Up:\\_The\\_New\\_Normal](https://teams.microsoft.com/l/Soaking_It_Up:_The_New_Normal)

The effects of the COVID-19 panic have caused massive changes to our daily lives, changes that have often happened rapidly and abruptly. Life adjustments often come with a wide range of experiences and emotions. Join us for a webinar on what the ‘new normal’ means for us.

### **\*\*NEW\*\***

The City of Houston EAP has compiled the recordings from previous webinars into one place for your use. The spreadsheet will be updated as each live webinar is completed.

[City of Houston EAP Webinar Recordings](#)