

# EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

June 2022

## THE EMPLOYEE NEWSLETTER



*Read and Download*

## THE SUPERVISOR NEWSLETTER



*Read and Download*

**DID YOU KNOW?**

### **Your Employee Assistance Program (EAP) Can Help Strengthen Your Relationships.**

In honor of National Family Month & Pride Month, we'd like to reflect on the impact relationships have on your wellbeing. Good relationships don't necessarily just happen. Developing and maintaining healthy partnerships with your spouse, family, friends and colleagues takes time, effort and understanding. From improving communication skills, respecting one another despite differences, learning to give and take to problem-solving and having fun together, your EAP can provide guidance and helpful support.

### **Program Features:**

- In-the-moment telephonic support
- Individual, marital and family counseling (children over age 8)
- Articles and tip sheets about healthy communication, dating, marriage success and long-distance relationships
- Work/life consultation with referrals for babysitters, date nights, weekend getaways, support groups, and parenting education
- Information on pre-marital and marital counseling

Call the toll free hotline 888-993-7650 to start a consultation.



### **WANT TO LEARN MORE ABOUT THE EAP PROGRAM?**

If you missed joining an *Introduction to the EAP* session, or you are new to the University and want to learn more about the EAP, you can access recordings of the employee and supervisor/manager sessions on the **EAP website**.

# PROFESSIONAL & PERSONAL DEVELOPMENT UCONN JUNE ONLINE WEBINARS

## **Mindfulness Series: Helping Children Learn Mindfulness**

The practice of mindfulness or full attention has been proven to be as beneficial for children than for adults. In this webinar, we will help families teach the necessary tools to children and teenagers so they can be conscious of their internal and external experiences. This will allow them to learn to identify their thoughts and emotions, and the impact they have on their bodies, allowing them to control their impulses, improve their emotional intelligence and well-being.

**Thursday, June 9**  
12:30pm – 1:00pm

[Get the Meeting Link Here](#)

## **Communicating Effectively in a Diverse World**

This dynamic presentation takes an insightful look at the challenges of interacting with different types of people (different cultures, generations, personality types, etc.), and offers several practical strategies for maintaining quality relationships with all.

**Thursday, June 16**  
12:00pm – 12:30pm

[Get the Meeting Link Here](#)

## **Raising Resilient Children Training**

Many parents face multiple changing roles and responsibilities, and it can be difficult to navigate the new demands faced, whilst also supporting the psychological needs of their children. The session will highlight the importance of raising resilient children and explores the roadblocks that get in the way of letting parents focus on this. It will explore key communication strategies that help empower young children and help them overcome stress in a healthy way.

**Thursday, June 28**  
12:00pm – 1:00pm

[Get the Meeting Link Here](#)

## **2022 Leadership Certificate Webinar Series**

Join us for the second session of the Leadership Certificate Webinar Series – ***Creating a Culture of Improved Employee Engagement.***

This dynamic presentation will provide several practical strategies that supervisors can utilize in their day-to-day management approach to improve employee engagement and motivation. The session will discuss methods for identifying the needs and interests of staff, and techniques for getting them to buy into and work towards the accomplishment or organizational goals.

Register for this session and all the remaining session of this quarterly webinar series.

**Date:** Monday, June 27, 2022, 2022  
**Time:** 2:00 – 3:00 EDT

**REGISTER**

## **DEER OAKS SEMINARS**



### **JUNE ON DEMAND SEMINAR**

#### ***Finding Yourself Through Nature***

Taking the path less travelled. Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.

Available on-demand starting June 21st  
at [www.deeroakseap.com](http://www.deeroakseap.com).

### **Human Resources**

Allyn Larabee Brown Building  
9 Walters Ave.  
STORRS, CT 06269-5075  
Phone: 860.486.3034  
[hr@uconn.edu](mailto:hr@uconn.edu)  
[hr.uconn.edu](http://hr.uconn.edu)

### **Deer Oaks EAP Services**

Helpline: 888-993-7650  
Web: [www.deeroakseap.com](http://www.deeroakseap.com)  
Email: [eap@deeroaks.com](mailto:eap@deeroaks.com)

**Need the UConn Deer Oaks EAP website username and password?**

Go here:  
[hr.uconn.edu/uconn-eap-deer-oaks/](http://hr.uconn.edu/uconn-eap-deer-oaks/)

### **Stay Connected**

