

# Employee Assistance Program Statewide Workshops

## March – April, 2011



### ***SURVIVING AND THRIVING DURING TURBULENT TIMES***

**March 1, 2011**

9am - 11am, Los Angeles  
Dept of Transportation  
100 South Main Street  
First Floor Conference Room 01-040A  
Los Angeles, CA 90012

**April 26, 2011**

9am - 11am, Fresno  
Dept of Transportation  
2015 E. Shields Ave, Room 145  
Fresno, CA 93714

### ***RELAXATION TECHNIQUES FOR MANAGING STRESS***

**March 17, 2011**

10am - 11am, San Bernardino  
Dept of Transportation  
Rosa Parks Building, Room 152  
464 West Fourth Street  
San Bernardino, CA 92401

**April 7, 2011**

12pm - 1pm, Sacramento  
Relaxation Techniques for  
1001 "I" Street,  
2nd Floor Coastal Hearing Room  
Sacramento, CA 95814

### ***READINESS FOR HEALTHY CHANGE***

**April 13, 2011**

11am - 1pm, San Luis Obispo  
Dept of Transportation  
50 Higuera Street  
San Luis Obispo, CA 93401

**April 26, 2011**

9am - 11am, Irvine  
Dept of Transportation  
3347 Michelson Drive, Suite 100  
Irvine, CA 92612

**April 26, 2011**

10am - Noon, Marysville  
Dept of Transportation  
703 "B" Street, Sierra Nevada Room  
Marysville, CA 95901

### ***CREATING A RESPECTFUL WORK ENVIRONMENT***

**April 28, 2011**

8:30 - 10:30 am, Sacramento  
Dept of Transportation  
1727 30th Street  
First Floor Conference Room  
Sacramento, CA 95816



#### **Relaxation Techniques for Managing Stress**

In this workshop, participants will learn various relaxation techniques.

#### **Surviving and Thriving During Turbulent Times**

This workshop focuses on assisting participants in choosing healthy responses and strategies in the face of elevated and persistent issues.



#### **Readiness for Healthy Change**

In this workshop, participants will discuss how to successfully prepare for, make, and maintain a healthy change.

#### **Creating a Respectful Work Environment**

This workshop addresses how to bridge differences for a more respectful, happier, and productive workplace.



**These workshops are free to State employees and reservations are not required. Seating is on a first-come, first-served basis.**

**Before planning to attend, employees should ensure supervisor's approval.**

**Please provide one week notice for special accommodations.**

**Please contact your Department EAP Coordinator for additional information.**

**Jackie Hensley**  
EAP Program Manager

**916-324-9353**  
Number