



## Work, life and family webinars

Register today.

Take an hour to take care of yourself. Explore and register today for the monthly webinars listed below. These are available to you and your family members, as part of your Employee Assistance Program. Click the titles to register.

### [Parental Burnout: How to Overcome Challenges & Thrive Through Parenthood](#)

**July 17, 1pm EST**

Parental burnout is a growing concern impacting countless families today. This training examines the signs and risk factors associated with parental burnout and provides practical strategies to thrive through parenthood.

### [The Impact of a Difficult Childhood on Your Adult Life](#)

**August 14, 1pm EST**

Childhood experiences teach us how to navigate relationships and manage stress and greatly impact our self-esteem. Join our seminar to explore childhood's impact on how we view ourselves, relationships, and find ways to effectively manage stress. Learn strategies to rewrite your story and thrive.

### [No Such Thing as Perfect Parent](#)

**September 11, 1pm EST**

In today's diverse society, defining the 'perfect parent' is challenging. Cultural background, values, and personal experiences shape parenting styles. Striving for perfection can backfire, causing unforeseen issues. Join our workshop to embrace balanced parenting and let go of unrealistic ideals.

### [Basics of Estate Planning](#)

**October 16, 1pm EST**

Estate planning is important for everyone—and especially for those with minor children, substantial assets or uncommon family and financial circumstances. Learn how estate planning empowers you to designate inheritors, establish provisions for disability and medical care, and secure guardianship for your children. Join us to unlock the peace of mind that comes with proper estate planning, easing the burden on your loved ones during a stressful time.

### [Meet ComPsych's Health Care Support Team!](#)

**November 13, 1pm EST**

Meet the people behind the award-winning care provided by ComPsych GuidanceResources and learn about how they can help you be your best, at home and at work. The Health Care Support program helps navigate your health benefits, answer clinical questions, resolve claims and billing issues, understand the appeals process, and make educated decisions for you and your family members.

### [Supporting Employee Well-Being: What can you do as a manager?](#)

**December 11, 1pm EST**

Organizations are investing in benefits to improve employee well-being and taking on initiatives to foster a culture of well-being in the workplace. Despite these efforts, some employees still perceive their jobs as barriers to wellness. Join our webinar to discover actionable strategies for managers to transform this perception. Learn practical ways to show that you and your organization support employee's well-being.

## Resources just for you and your family

From emotional and wellness support, financial or legal needs, or help with life's everyday challenges, New York Life Group Benefit Solutions (NYL GBS) offers a variety of programs, resources, and services to help you and your family members manage your unique concerns.

Contact Employee Assistance and Wellness Support 24/7

**Phone: (800) 344-9752**

Website: [guidanceresources.com](https://guidanceresources.com)

Registration Web ID: NYLGBS

### Connect with us



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