2016 UTSA Employee Assistance Program

Upcoming On Demand Online Seminars

02/16/16 - Keeping Your Love Alive
03/15/16 - Let’s Sleep On It
04/19/16 - Home Buying 101
05/17/16 - Beating the Blues
06/21/16 - Retirement: It’s Not Just About the Money
07/19/16 - Next Steps: Dealing With Addiction in a Loved One

08/16/16 - Changing Relationships: You and Your Aging Parent or Relative
09/20/16 - Effective Communication With Children
10/18/16 - Better Health Through Screening
11/15/16 - Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress
12/20/16 - Lighten Up With Laughter

View the newest On Demand Online Seminars

- Being an Upstander
- Building Resiliency 101
- Caring for Aging Relatives
- Celebrating Midlife
- Communication Skills for Collaboration
- Coping With Change
- Creating a Personal Development Plan
- Disrupting Negative Thoughts
- Eating Your Way to Wellness
- Eight Steps to a Healthy Heart
- Estate Planning: Five Essential Documents
- Family Ties
- Financial Fitness: Living Within a Realistic Budget
- Getting Involved With Your Child’s School
- Getting Your Affairs in Order: Five Essential Documents
- Home Alone? When Kids Outgrow Child Care
- Identifying Signs of Addiction in a Loved One
- Information Overload
- Keeping Your Love Alive
- Know the 10 Signs
- Make Your Money Work for You: A Debt Management Plan
- Maximizing Your Day: Effective Time Management
- Moving Beyond the Basics: Saving Our Planet
- New HR Initiatives in Anti-Bullying
- Nobody Likes a Bully: Bullying in the Workplace
- Practical Strategies to Stay Safe
- Self-Care: Remaining Resilient
- Staying Fit at Work
- Stick With It
- Strategies for Multigenerational Caregiving
- Suddenly You’re a Caregiver
- The Mind-Body Connection
- The Path to Inner Peace
- Will There Be a Couch? What to Expect From Counseling
- You Make Me So Mad!

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