



# WORKSHOP CALENDAR FOR JUNE 2009

**IMPORTANT REMINDER:** Workshops scheduled during working hours require that you make the appropriate arrangements with your supervisors before registering. It is at the supervisor's discretion whether the workshop is seen as acceptable as an in-service training.

### **TIME MANAGEMENT SKILLS**

June 2, 2009 (9:00 AM-11:00 AM)

Richard Williams, LMFT

Learn how to take perspective, manage your time more efficiently and prioritize what's important. It's not always easy—but it can be done.

### **ASSERT YOURSELF: BASIC**

June 4, 2009 (9:00 AM-12:00 Noon)

Cynthia Chapa, LCSW

Learn practical strategies for saying how you feel and asking what you want. Learn skills to improve your ability to express yourself without violating the rights of others or betraying your own integrity.

### **ASSERT YOURSELF: ADVANCED**

June 4, 2009 (1:30 PM-5:00 PM)

Cynthia Chapa, LCSW

This workshop is for those who wish to pursue additional practice with assertive skills, with an emphasis on body language. Special attention will be placed on asserting yourself in difficult situations and with difficult people. Participants need to have had Cynthia's Basic Assertion Training prior to attending this workshop.

### **THE ART OF HARMONIOUS CHANGE**

(Workshop on Perimenopause)

June 11, 2009 (4:30 PM-6:30 PM)

Rebecca Tucker, LCSW

For an opportunity to explore self-care techniques that encourage body-mind connection during peri menopause, consider taking this workshop. It will provide practical information about common symptoms, local resources & useful self-care techniques.

### **ATTENTION DEFICIT/HYPERACTIVITY DISORDER**

June 18, 2009 (4:30 PM-6:30 PM)

Richard Williams, MFT

This workshop will provide the information necessary to help parents, teachers and caregivers identify a child or adolescent who suffers from ADHD. We will examine some of the causes of this disorder and talk about treatment strategies and approaches that can help children function more productively in their social/academic settings.

### **WHAT EVERY SUPERVISOR NEEDS TO KNOW**

**ABOUT WORKPLACE WELLNESS**

June 25, 2009 (1:30 PM-5:00 PM)

Cynthia Chapa, LCSW

If you ever wonder what we do; when, why and how to refer employees to us; or if you want to know more about getting free, tailored workshops for your staff, come to this seminar. All this and more will be covered at this short informative seminar geared towards supervisors and managers.

**PLEASE USE THE REGISTRATION FORM ON PAGE 2**

# REGISTRATION FORM

PLEASE PRINT CLEARLY

Sign up for [ choice(s)]:

**Time Management**

June 2, 2009 (9:00 AM-11:00 AM)

**Assert Yourself: Basic**

June 4, 2009 (9:00 AM-12:00 Noon)

**Assert Yourself: Advanced**

June 4, 2009 (1:30 PM-4:30 PM)

**The Art of Harmonious Change**

June 11, 2009 (4:30 PM-6:30 PM)

**Attention Deficit Hyperactivity Disorder**

June 18, 2009 (4:30 PM-6:30 PM)

**What Every Supervisor Needs to Know**

**About Workplace Wellness**

June 25, 2009 (1:30 PM-5:00 PM)

Name \_\_\_\_\_

Daytime Phone No. \_\_\_\_\_

Other: \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Guest's Name \_\_\_\_\_

Relationship \_\_\_\_\_

(Please indicate which workshop your guest is attending with you on the line below.)

Place of Employment:



IF STANISLAUS COUNTY, PLEASE PROVIDE DEPARTMENT NAME:  
(Ex: BHRS, CSA, DER, HSA)



Would you like to be reminded by:    E-mail?    Phone?

**Please fill out this form and fax to Workplace Wellness at 558-8483.**

You will be notified either by phone or e-mail for confirmation & location (if available) within 48 hours upon receipt of registration.

For more information, please call Workplace Wellness at 558-8466 or visit us online at:

[www.WorkplaceWellness.org](http://www.WorkplaceWellness.org)

WORKPLACE WELLNESS USE ONLY (JUNE 2009)

ENTERED BY & DATE: \_\_\_\_\_      CONFIRMED BY & DATE: \_\_\_\_\_