

# Deer Oaks

Employee Assistance Program



Theme	Pre-Recorded Seminars	Description
<b>Emotional Health</b>	<i>Balancing Act - Strategies for Mental Health</i> Available on Demand Starting <b>21 May</b>	Explore effective strategies that can help you nurture and enhance your mental health.
<b>Recognition</b>	<i>Harnessing Positive Reinforcement for Success</i> Available on Demand Starting <b>20 Aug</b>	Discover how recognition can inspire motivation, reinforce desired behaviors, and strengthen bonds in personal and professional spheres.
<b>Humor and Relationships</b>	<i>Laughter Helps</i> Available on Demand Starting <b>19 Nov</b>	Discover how a good laugh can boost your mood, strengthen relationships, and unlock a wealth of other benefits in this session.
World Days Awareness Events	Pre-Recorded Seminars	Description
<b>Pride Awareness Month</b>	<i>Pride Awareness Month</i> Available on Demand Starting <b>1st Jun</b>	Learn about promoting self-affirmation and equality, while increasing the visibility of LGBTQ+ people
<b>World Suicide Prevention Day</b>	<i>World Suicide Prevention Day</i> Available on Demand Starting <b>10th Sep</b>	Raise awareness of the causes of suicide and learn about ways to prevent them.
<b>World Mental Health Day</b>	<i>World Mental Health Day</i> Available on Demand Starting <b>10th Oct</b>	Provide the tools and techniques to help individuals take a positive and active approach to prioritizing their own mental wellbeing.
<b>International Stress Awareness Week</b>	<i>International Stress Awareness Week</i> Available on Demand Starting <b>5th Nov</b>	Discover how to practically increase levels of health and happiness by focusing on stress management and awareness.
<b>International Men's Day</b>	<i>International Men's Day</i> Available on Demand Starting <b>19th Nov</b>	Raise awareness of men's wellbeing, highlight positive role models, and celebrate positive value men bring to their families, communities, and the world.

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