

Department of the Navy Civilian Employee Assistance Program (DONCEAP) 2015 Marketing Calendar

The *Your DONCEAP* newsletter and monthly campaigns provide information and insight on how to get the most out of life, feel empowered, and identify opportunities for improvement at home and work. Find more information through the website at DONCEAP.foh.hhs.gov.

CAMPAIGNS AND WEBINARS FOR EMPLOYEES

Month	Audience	Topic	Topic Highlights	Live Webinars
January	All Employees	Emotional Wellness	<ul style="list-style-type: none"> – Being emotionally well – Building strong emotional habits – Staying positive 	<i>Strategies for Achieving Emotional Wellness</i> January 14, 2015 2:00pm – 3:00pm ET Register Here
February	All Employees	Relationships	<ul style="list-style-type: none"> – Building effective relationships – Communicating with others – Talking to your child 	<i>Effective Workplace Communication Across Generations</i> February 11, 2015 2:00pm – 3:00pm ET Register Here
March	All Employees	Money Habits	<ul style="list-style-type: none"> – Teaching children how to manage money – Managing on a budget – Building your savings 	<i>Making Tax Returns Less Taxing</i> March 11, 2015 2:00pm – 3:00pm ET Register Here
April	All Employees	Mindfulness	<ul style="list-style-type: none"> – Being mindful – Becoming more mindful 	<i>The Art of Mindfulness</i> April 8, 2015 2:00pm – 3:00pm ET Register Here
May	All Employees	Recharge	<ul style="list-style-type: none"> – Taking a break – Finding time to unwind – Maintaining your work/life balance 	<i>Relax and Recharge</i> May 13, 2015 2:00pm – 3:00pm ET Register Here
June	All Employees	Retirement and Healthy Aging	<ul style="list-style-type: none"> – Preparing for retirement – Focusing on your future – Sandwich Generation 	<i>Preparing Emotionally for Retirement</i> June 10, 2015 2:00pm – 3:00pm ET Register Here



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July	All Employees	Back to School Preparation	<ul style="list-style-type: none"> – Coping with child anxiety – Teaching children how to avoid stress – Getting ready for school 	<i>Coping with Child Anxiety</i> July 8, 2015 2:00pm – 3:00pm ET Register Here
August	All Employees	Work/Life Balance	<ul style="list-style-type: none"> – Setting limits – Setting realistic goals – Getting the most out of your day 	<i>Improving Work Habits for a Better Work/Life Balance</i> August 12, 2015 2:00pm – 3:00pm ET Register Here
September	All Employees	Depression and Suicide	<ul style="list-style-type: none"> – Coping with suicide – Identifying symptoms of depression – Getting help 	<i>When Someone You Love Has Depression</i> September 9, 2015 2:00pm – 3:00pm ET Register Here
October	All Employees	Bullying Awareness	<ul style="list-style-type: none"> – Bullying at work – Children and bullies – Online bullying 	<i>Bullying Awareness</i> October 14, 2015 2:00pm – 3:00pm ET Register Here
November	All Employees	Holiday Survival	<ul style="list-style-type: none"> – Managing the holidays – The time crunch – Avoiding holiday stress 	<i>Holiday Survival</i> 2:00pm – 3:00pm ET November 11, 2015 Register Here
December	All Employees	Caregiving	<ul style="list-style-type: none"> – Caregiving within a family – Challenges caregivers face – Becoming a better caregiver 	<i>Avoiding Caregiver Burnout</i> December 9, 2015 2:00pm – 3:00pm ET Register Here

