

Join Our Live Webinars for Employees – July 2015

The Department of the Navy Civilian Employee Assistance Program (DONCEAP) offers our employees access to live webinars each month. The first webinar deals with overcoming concerns that may be making your child anxious. The second one helps you delicately, but effectively, approach the topic of planning care for your older loved ones.

Space is limited for all sessions, so be sure to register today!

Coping with Child Anxiety

The start of a new school year can make children of any age feel uneasy. But, you can help your son or daughter begin the year on the right foot. Listen to what he or she may be feeling and offer your support and affection. Learn about these tips and much more during this interactive webinar.

Wednesday, July 8, 2015

2:00 to 3:00 p.m. ET | [Register Here](#)

AND

Thursday, July 16, 2015

2:00 to 3:00 p.m. ET | [Join Webinar](#)

Having the C-A-R-E Conversation

How do you start the conversation with an older loved one about his or her future and end-of-life care? In this webinar, you will learn talking points and tips for having the C-A-R-E conversation.

Tuesday, July 14, 2015

12:00 to 1:00 p.m. ET | [Register Here](#)

24/7 assistance is just a call or a click away!

The DONCEAP offers 24/7 confidential assessment, referral, and short-term consultation for any personal concern. Plus, our WorkLife specialists help employees manage day-to-day responsibilities and life events by providing expert guidance and personalized referrals for a wide variety of needs. The program also includes a discount center to help promote smarter spending.

24 HOURS A DAY

1-844-DONCEAP

1-844-366-2327 / (TTY: 1-888-262-7848)

International: 001-866-829-0270

[**DONCEAP.foh.hhs.gov**](http://DONCEAP.foh.hhs.gov)