

AT THE
MGH CAMPUS

EAP WORK&LIFE SEMINARS & PROGRAMS
WINTER/SPRING 2012

EMPLOYEE
ASSISTANCE PROGRAM
Work&Life Resources



OFFICES AT:

Massachusetts General Hospital
Charles River Plaza
175 Cambridge Street, Suite 320
Boston, MA 02114

Brigham and Women's Hospital
Neville House, Suite 108
10 Vining Street
Boston, MA 02115

OTHER OFFICE LOCATIONS:

Faulkner Hospital

McLean Hospital

Newton-Wellesley Hospital

North Shore Medical Center
Salem Hospital
Union Hospital

ELDER CARE MONTHLY DISCUSSION GROUP

Caring for an aging loved one can be challenging on many levels. Trying to understand the diverse needs and resources specific to this population can be overwhelming and stressful when you are doing it alone.

Please join us for a monthly meeting to discuss subjects including: care coordination, family issues associated with caring for an elder adult, legal, estate and medical issues, grieving loss, and most importantly, caring for oneself in the midst of it all.

Meetings are held monthly in the Yawkey Building,
Schiff Conference Center, 4th Floor, Room 4-910

Noon-1 p.m.

Tuesdays: February 14, March 13, April 10, May 8, and June 12

Janet T. Loughlin, LICSW, CEAP – Partners Employee Assistance Program

Barbara Moscovitz, LICSW – MGH Geriatric Social Worker

DANGERS OF INSUFFICIENT SLEEP

A lack of sufficient sleep can lead to impaired performance on tasks of memory, decision making, and the ability to respond to environmental events while also decreasing our mood and feelings of well-being. Obtaining adequate sleep is a common challenge. This discussion will look at the consequences of a lack of sleep while providing steps you can take to improve sleep quantity and quality.

Wednesday, February 15 Haber Conference Room

Noon to 1 p.m.

Sean W. Cain, PhD, Harvard Medical School, Division of Sleep Medicine

FINDING THE RIGHT SUMMER CAMP

Children can benefit from attending summer camp, but choosing the best one can be challenging. This seminar will help parents find a camp that's the right fit for their child.

Wednesday, March 14 Thier Conference Room

Noon to 1 p.m.

Lucy Jackson Norvell, Director of Public Information, American Camp Association, New England

UNDERSTANDING FINANCIAL AID AND COLLEGE FUNDING

The college financial aid process can be complex. This seminar will help you understand how the college financial aid system works; it will explain student loans and provide tips and strategies for choosing the best financial aid options for your situation.

Tuesday, April 24 Yawkey Building, Schiff Conference Center, Room 4-910 12:30-1:30 p.m.

This seminar is brought to you by Partners Employee Assistance Program (EAP) in collaboration with the Harvard University Employee Credit Union

Tom Murphy, Director of Student Services, Harvard University Employee Credit Union

CHOOSING CHILD CARE

Partners Employee Assistance Program (EAP) and Partners Child Care Services are offering an educational round table discussion for those new to parenting and child care. Partners EAP will explore childcare options, costs, and how to find and evaluate care. Partners Child Care Services will talk about internal resources for center care and back up care. A discussion will follow during which the group can ask questions and share their experiences.

Tuesday, May 15 Bulfinch Conference Room 222

Noon to 1 p.m.

Allison Lilly, LICSW, CEAP, Partners EAP Operations Manager

Sheryl Lauber Weden, Director of Business Development at Partners Child Care Services

Toll Free:

1-866-724-4EAP (4327)

www.eap.partners.org

Go to www.eap.partners.org to find seminars and trainings at other locations.