



August 2024 Newsletter

## Back to School & Lifetime Learning

Many adults carry that “back-to-school” feeling as summer winds to a close. We’re firm believers in “lifetime learning” for personal and professional self-enrichment so August is a good time to get back in gear. If you have kids, it can set a super example – you can even study together! [Log in to the Self-Help Resource Center](#) to take webinars and trainings, watch videos, use online calculators, and explore thousands of topics.

Here are some of the great training benefits you will find:

- **Personal & Professional Development Trainings** – Explore thousands of free online personal & professional development trainings in multiple user-friendly formats on work skills, wellness, technology, safety, and more. Try micro-learning in short bursts of 10 minutes or less, or dive deeper on key topics in eLearning of 30+ minutes. [\(Click on the Training Center tile\)](#)
- **Monthly Webinars** – Your EAP issues new webinars on personal and family related topics monthly. Upcoming Webinars are announced in the newsletter each month. [\(Find the Webinar at the top of the page.\)](#)
- **Learning Centers** – Every month, a new themed Learning Center is posted in the Self-Help Resource Center, and includes articles, webinars, courses, podcasts, books, and websites [\(Scroll down to right above the bottom menu\)](#)
- **Career & Education Resources** – Find links to resources for Career Exploration and Planning; Finding the Right College; Financial Aid and Scholarships; and Vocational, Military and Other Career Resources. [\(Click on the Resources Center tile and then “Career & Education.”\)](#)
- **Financial Fitness Center** – Learn about money matters, from budgeting to investing. Explore hundreds of interactive tutorials to help you get answers to all your questions about money! [\(Click on the Personal Finance & Education Center tile\)](#)
- **Personal and Professional Coaching** – One-to-one telephonic sessions with professional coaches on a variety of topics for work and home life. (Call 1-888-327-1060 to talk to a Coach)

## Back-to-School Tips for Parents

- Wrap up lingering summer assignments and plan post-school extracurricular activities.
- Set regular times for turning in at night and getting up in the morning.
- Plan schedules, lunches, and outfits the night before.
- Establish a breakfast time and routine.
- Plan safe routes to and from school.

## Featured Webinar for August



### Did You Hear Me? Active Listening as a Key to Success

Miscommunication can lead to all sorts of problems in relationships. In this fun and fast-paced session, we'll provide you with tweaks and tips for active listening that will help you thrive at work and in your personal life.

Simply log in to [PublicSafetyEAP.com](https://PublicSafetyEAP.com) during August to take the webinar at your convenience and explore related resources.



98% Employee Satisfaction Rate



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- Make sure backpack loads are appropriate for kids.
- Watch for signs of stress as kids adapt to new routines, teachers, and challenges.
- Download the National Safety Council's [Back to School Safety Checklist](#).

## August Training Picks

Get in that “back-to-school” mindset after summer vacations. Choose from thousands of trainings to brush up your skills. Here are a few suggestions or search for your own themes. Simply click on “Member Login” at [www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com), sign in, and click on the comprehensive training library in the “Training Center.”

- **How to Transform Worry Into Plans | Course ID: SVL\_014371**  
Left unchecked, worries can turn into anxiety. In this 7-minute video lesson, learn to reduce anxiety by creating action plans.
- **Writing More Effective Emails | Course ID: SVL\_102627**  
Learn critical tips for crafting an email that people want to read. This 7-minute video covers purpose, subject lines, and structure.
- **Safety for Heat-Related Illnesses: Employees | Course ID: SVL\_1020514**  
Learn how to recognize, treat, and prevent potentially life-threatening conditions such as heat stroke and heat exhaustion in this 9-minute video.

## August Observances

- [National Immunization Awareness Month](#)
- 8/1 – [World Lung Cancer Day](#)
- 8/1 - 8/7 – [World Breastfeeding Week](#)
- 8/4 - 8/10 – [National Farmers Market Week](#)
- 8/11 - 8/18 – [Safe + Sound Week](#)
- 8/31 – [International Overdose Awareness Day](#)

## Learn More!



Scan the QR code with your device or smart phone to explore more of your employee benefits!



### How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

## Accessing Your EAP Training Center

1. Go to [www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com) and click the **Member Login** button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click **REGISTER** to create your Username and Password. **You only need to register once.**
4. Click the **Training Center** and then choose **Comprehensive Training Library**.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the **Play** or **Start** button to begin.

**To get a certificate:** View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.



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