Partnering for Success

New Series For 2015

Employee Assistance Program

CALIFORNIA DEPARTMENT OF HUMAN RESOURCES · CALHR ·
Employee Assistance Program

A department is a group of people who are jointly responsible for achieving a shared organization goal. One member's failure can hinder the achievement of the collective goal. Even when the members fulfill their individual roles, but are not working synergistically, their group potential may not be fully realized or achieved. In this workshop, participants will study their own process of working together in terms of problem solving, task effectiveness, and maximizing the use of all members' resources to achieve the work group's purpose.

Learning Objectives:

Describe the characteristics of resilience.
Identify how to develop resilience.
Know how resilient individuals turn challenges into opportunities.
Understand the role of stress management in maintaining resilience.

Who should attend?

These workshops are free to state employees and reservations are not required. Seating is on a first-come, first- served basis.

Before planning to attend, employees should ensure supervisor's approval.

Please provide two week notice for special accommodations.

At many facilities parking is not provided, please plan accordingly.

Contact your Departmental EAP Coordinator for additional information.

MHN
A Health Net Company℠

www.eap4soc.mhn.com
1.866.327.4762

MAY 27, 2015 - 10 AM - NOON

Please allow extra time to arrive

Live Presentation at the Department of Rehabilitation
721 Capitol Mall Drive, Room 242
Sacramento CA 95829

Broadcasting to the following Department of Rehabilitation Locations:

Orange / San Gabriel District
222 S. Harbor Blvd., Suite 300
Anaheim, CA 92805-3701

San Joaquin Valley District
2550 Mariposa Mall Room 2000
Fresno, CA 93721-2270

Los Angeles South Bay District
4300 Long Beach Blvd., Suite 200
Long Beach, CA 90807-2008

Greater Los Angeles District
3333 Wilshire Blvd., Suite 200
Los Angeles, CA 90010-4101

Oakland Branch Office
1515 Clay Street
Oakland, CA 94612-1413

Inland Empire District
3130 Chicago Avenue
Riverside, CA 92507-3445

San Diego District
7575 Metropolitan Drive, Suite 107
San Diego, CA 92108-4402

San Francisco District Office
301 Howard Street, Suite 700
San Francisco, CA 94105-6604

San Jose District Office
100 Paseo de San Antonio, Room 324
San Jose, CA 95113-1479

Santa Barbara District
509 East Montecito Street, Suite 101
Santa Barbara, CA 93103-3216

Redwood Empire District
50 "D" Street, Suite 425
Santa Rosa, CA 95404-4764

Van Nuys / Foothill District Office
5900 Sepulveda Blvd., Suite 240
Van Nuys, CA 91411-2511

REMEMBER - Your EAP is here for you and has been for 40 years!