

# 2022 Calendar

	THEME	ONLINE SEMINAR	DESCRIPTION
JAN	<b>Getting Into the Right Frame of Mind for 2022</b>	<b><i>Reframing Your Way Through 2022</i></b> Available on demand starting Jan 18th	Seminars can be found on your home page under Online Seminars, or you can search for them by title. Learn practical steps to use positive reframing strategies and guide your way through 2022.
FEB	<b>Honoring Grief and Loss</b>	<b><i>Navigating Through Grief and Loss</i></b> Available on demand starting Feb 17th	Discover ways to say goodbye and going through five stages of grief in a healthy way.
MAR	<b>Engagement</b>	<b><i>From Tired to Inspired: Keeping Engaged and Preventing Burnout</i></b> Available on demand starting Mar 17th	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
APR	<b>Finding a Hobby</b>	<b><i>Finding a Hobby: How It Impacts Your Life</i></b> Available on demand starting Apr 19th	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
MAY	<b>Getting a Good Night's Sleep</b>	<b><i>Sleep Essentials</i></b> Available on demand starting May 17th	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
JUN	<b>Exploring Nature</b>	<b><i>Finding Yourself Through Nature</i></b> Available on demand starting Jun 21st	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
JUL	<b>Digital Health</b>	<b><i>Unplugged: Digital Detoxing</i></b> Available on demand starting Jul 19th	Find the reasons why we need to do digital detox and learn practical steps on how to start incorporating it into your schedule.
AUG	<b>Self-Care Strategy</b>	<b><i>Self-Care: Better Care of Yourself</i></b> Available on demand starting Aug 16th	Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.
SEP	<b>Open Communication</b>	<b><i>Open Communication: Powerful Ways to Create It</i></b> Available on demand starting Sep 20th	Attain the skills to have open and effective communication at work and at home.
OCT	<b>Navigating Holidays</b>	<b><i>Navigating Your Holidays</i></b> Available on demand starting Oct 18th	Learn some effective ways to plan, organize, and make the most of your holiday.
NOV	<b>Overtime: Working Caregivers</b>	<b><i>The Sandwich Generation at Work</i></b> Available on demand starting Nov 22nd	Find out some practical and effective strategies to balance your work and caregiving responsibilities as the sandwich generation.
DEC	<b>Taking Control of Stress</b>	<b><i>Stress Buster: Managing and Taking Control of Your Life</i></b> Available on demand starting Dec 21st	Manage your stress in a healthier way and learn some strategies to take control of your life.

**WHATEVER YOU NEED, WE ARE HERE TO HELP.**

**WEBSITE:** [www.myccaonline.com](http://www.myccaonline.com)

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