



EAP 2010 Fall Regional Workshops



LIVING DEBT FREE

Presented by Carly Wardwell, Educational Director, Debt Counseling Corp.

Date: Tuesday, October 12, 2010
Time: 5:00 – 7:00 PM
Place: Half Hollow Hills Library, Dix Hills

RSVP by 10/05/10

This workshop will assist in educating participants on the basic terms associated with money management, and skills/strategies to effectively manage debt and spending.

Participants will learn:

- What their “money personality” is.
- Budgeting and identifying personal goals.
- Common scams and common misconceptions.
- How to understand and read a credit report.
- Protection from identity theft.
- Understanding debt settlement versus debt consolidation.

LEARNING PAPER MANAGEMENT, SO IT DOESN'T MANAGE US

Presented by Donna Jaroslowski, Certified Professional Organizer, Life Coach

Date: Wednesday, October 27, 2010
Time: 5:00 – 7:00 PM
Place: Sherwood Instructional Support Center
15 Andrea Rd., Holbrook

RSVP by 10/20/10

In this fast-paced society where we have more information coming at us in one day than those in previous generations had in a lifetime, we need a system to manage it. Join Professional Organizer and Life Coach, Donna Jaroslowski of Liberty Organizing for a fun and informative evening as she shares her strategies and inspiration for managing our paperwork. You will come away with lots of useful tips for getting rid of your paper clutter and a system so you can access what you need when you need it.

Visit us at our website at: www.esboces.org/EAP

FOR DIRECTIONS

Call to Register

Call: 631-289-0480



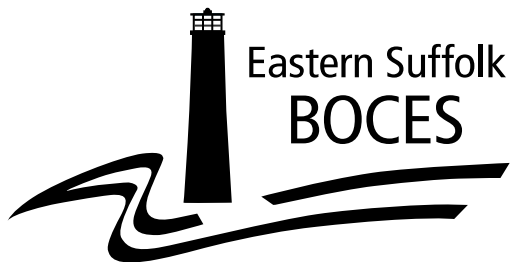
THE POWER OF OPTIMISM

Presented by **Mary Ellen Romano, EAP Assistant Coordinator**

Date: Thursday, November 4, 2010
Time: 5 – 7:00 PM
Place: Riverhead Free Library

RSVP by 10/28/10

Optimism promotes resilience in the human spirit. One of our best defenses in the face of adversity is the choice to be optimistic. Our thoughts play a major role in determining whether we respond or react to life circumstances. This workshop will provide a framework for “positive thought alignment” in our everyday life.



Sponsored by **The BOCES Employee Assistance Program**

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