

# FALL 2009 CARE Services Workshops

CARE Services for Faculty & Staff, the campus employee assistance program, will be offering the following workshops. Registration is required through **UCB Learning Center**. Log on to Blu Portal (<http://blu.berkeley.edu>) and click on UCB Learning Center at the bottom of the "Self Service" column on the upper left hand side of the page. For workshop or registration questions, call (510) 643-7754.

## **The Art of Happiness**

*Tuesday, Oct. 27, 12:10-1:30 pm, Tang Ed Center*

What is happiness and how do we get there? This workshop will examine how we achieve happiness using some of the latest positive psychology research and strategies on life satisfaction, pleasure, challenge, meaning, character strengths, and gratitude.

*Ethan Schwartz, Ph.D., Psychologist*

## **The Psychology of Money in Difficult Times**

*Friday, Nov. 6, 12:10-1:30 pm, Tang Ed Center*

What does it mean to be wealthy? Tough financial times challenge other aspects of our life. This workshop will explore the relationships we have with money and the connections with personal identity, physical health, social relationships, and more.

*George D. Cohen, LCSW*

## **Mind/Body Health Series: Yoga for Your Lifestyle**

*Thursday, Nov. 12, 12:10-1:30 pm, Tang Ed Center*

Ever wondered what type of yoga is best for you? Learn how different styles of yoga affect various aspects of your life. Identify the best style for your personality, body type, health goals and lifestyle. Wear loose clothes and bring mat/large towel.

*Genee Jackson, Ph.D., CARE Services Counselor*

## **Downsizing Your Debt**

*Thursday, Dec. 3, 12:10-1:30 pm, Tang Ed Center*

Do you find yourself constantly trying to make ends meet? This workshop is for people who despite their best efforts, can't seem to get out of financial debt. Participants will learn practical tools and steps to help reduce or eliminate their debt.

*Brian Pon, EA, CFA, Consumer Credit Counseling of the East Bay*

## **CARE Services for Faculty & Staff: Management Consultation**

CARE Services is available to consult with managers and supervisors on how to manage workplace change. To schedule a consultation, call (510) 643-7754.

### **Individual consultation**

CARE Services provides free, confidential problem assessment and referral for many personal and work-related problems. To schedule an appointment, call (510) 643-7754.