

# 2023 Calendar

	THEME	ONLINE SEMINAR	DESCRIPTION
			Seminars can be found on your home page under Online Seminars, or you can search for them by title.
JAN	<a href="#">Self-Care and Nature</a>	<b><i>Rays of Sunshine</i></b> Available on Demand Starting Jan 17th	Explore the benefits of getting outdoors as a part of your self-care routine.
FEB	<a href="#">Overcoming Loneliness</a>	<b><i>Tackling Loneliness</i></b> Available on Demand Starting Feb 21st	Learn practical steps on how to overcome loneliness and build better connection with others.
MAR	<a href="#">Setting Boundaries</a>	<b><i>Set Boundaries and Boost Your Wellbeing</i></b> Available on Demand Starting Mar 21st	Look at the benefits of having healthy boundaries, and how we can practice setting boundaries in everyday lives.
APR	<a href="#">Sustainability</a>	<b><i>Guiding Your Family to Greener Living</i></b> Available on Demand Starting Apr 18th	Explore the steps towards greener living and how to guide our family to living more sustainably.
MAY	<a href="#">Listening</a>	<b><i>Are You a Good Listener?</i></b> Available on Demand Starting May 16th	Review the benefits of being a good listener, and learn practical tips on how to be a better listener.
JUN	<a href="#">Points of View</a>	<b><i>Keeping an Open Mind</i></b> Available on Demand Starting Jun 20th	Discover how to keep an open mind about yourself and others and the benefits of keeping an open mind.
JUL	<a href="#">Parenting Questions</a>	<b><i>Overcoming Parental Guilt</i></b> Available on Demand Starting Jul 18th	Find out how to overcome parental guilt and continue to do your best.
AUG	<a href="#">Money Management</a>	<b><i>Digging Deep</i></b> Available on Demand Starting Aug 15th	Explore how to have smart financial management and learn practical steps on getting out of financial ruts.
SEP	<a href="#">Gratitude Mindset</a>	<b><i>The Gratitude Habit</i></b> Available on Demand Starting Sep 19th	Discover how to build gratitude habits into our daily lives.
OCT	<a href="#">Reactions</a>	<b><i>Pause.Breathe.Resume</i></b> Available on Demand Starting Oct 17th	Learn how to notice our own thoughts and how we react to them, and channel energy when handling challenges.
NOV	<a href="#">Caregiving</a>	<b><i>Caring for the Caregiver</i></b> Available on Demand Starting Nov 21st	Explore how to take care of yourself and cope with caregiver stress while supporting your loved ones.
DEC	<a href="#">Embrace Change</a>	<b><i>Making a Change</i></b> Available on Demand Starting Dec 19th	Learn how to make a change for the better and learn practical tips to embrace the discomfort of change.

## LET US HELP

TOLL-FREE: 800-833-8707

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

COMPANY CODE: CUNY



Always Available | Free | Confidential

