

2025 Webinar Schedule

Coastline EAP offers monthly webinars on key work-life topics to support your well-being. Available all month long, you can access each session by signing into our website, www.coastlineeap.com anytime at your convenience.

January

Identity Theft: What Can You Do About It?

February

Understanding Neurodiversity

March

Developing Critical Thinking Skills

April

The Latest in Sleep Science

May

Fostering an LGBTQIA Inclusive Workplace

June

Hold Your Head High: Communicating with Confidence in the Workplace

July

Social Media for Parents

August

What EQ Can do for You: Strategies for Enhancing Emotional Intelligence

September

Finding Harmony: Being a Parent and a Professional

October

Your Elder Loved One's Desire: Live Independently

November

Mindful Eating

December

Family Ties

Contact Us:
1-800-445-1195
www.coastlineeap.com
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