

# HUMAN RESOURCES BRANCH NEWSLETTER

All CDFW Staff/October 2018

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## CONTACT US

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## EAP MONTHLY STATEWIDE WORKSHOPS

The HRB would like to inform CDFW employees that the California Department of Human Resources (CalHR) has FREE statewide workshops for the Employee Assistant Program (EAP).

As a State of California Employee, you and your eligible dependents have access to EAP. This program is provided by the State of California as part of the state's commitment to promoting employee health and wellbeing. It is offered at no charge to the employee and provides a valuable resource for support and information during difficult times, as well as consultation on day-to-day concerns. EAP is an assessment, short-term counseling, and referral service designed to provide you and your family with assistance in managing everyday concerns. Customer service representatives are available 24 hours a day, 7 days a week, to confidentially discuss your concerns and ensure that you receive the assistance you need:

### Magellan Healthcare

Phone: 866-EAP-4SOC (866-327-4762)

TDD callers: 800-327-0801

Website: [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)

### Workshop Dates

These events are free and available to all state employees. Reservations are not required. Before planning to attend, employees should ensure supervisor's approval.

- **Oct 9. 10-11AM:** Managing Workplace Stress  
10860 Gold Center Drive, Rancho Cordova, CA 95670
- **Oct 10. 12-1PM:** Maximizing Your Day: Basics of Effective Time Management  
300 Capitol Mall, 13th Floor Conference Room #13025, Sacramento, CA 95814
- **Oct 18. 10-11AM:** Managing Workplace Stress  
1430 N. Street, Room #4101, Sacramento, CA 95814
- **Oct 18. 12-1PM:** Maximizing Your Day: Basics of Effective Time Management  
1500 11th Street, Sacramento, 95814
- **Oct 30. 10-11AM:** Maximizing Your Day: Basics of Effective Time Management  
1430 N. Street, Room #4101, Sacramento, CA 95814
- **Oct 31. 11-12PM:** Navigating Change in the Workplace  
8340 Ferguson Ave., Training Room #111, Sacramento, CA 95828

### Contacts

For additional information please contact Shawanna Kennedy, MDSU Manager at [Shawanna.Kennedy@Wildlife.ca.gov](mailto:Shawanna.Kennedy@Wildlife.ca.gov) or call (916) 653-3612.

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