Care Talks

Empower your employees with support and education to improve their well-being
Table of contents

3  About Education Programs

4  January

5  February

6  March

7  April

8  May

9  June

10  July

11  August

12  September

13  October

14  November

15  December
Care Talks support employees with access to advice and guidance from expert speakers in areas such as childcare, senior care, financial literacy, emotional health, and more. Care Talks are exclusively available to Care for Business clients and their employees.

In 2024, we will be offering four sessions per month across seven topical areas:

**Aging & Adult Care**
Gain knowledge and insights to help support your aging loved ones and navigate the challenges that come with aging.

**Child Care & Parenting**
Gain insights and learn strategies to help raise healthy and well-rounded children.

**Disability & Neurodiversity**
Get support and guidance on how to raise a child, or support a loved one, with a disability.

**Emotional Wellness**
Learn tips and techniques to manage stress and navigate life’s challenges.

**Financial Wellness**
Explore strategies for planning your financial future and managing money to meet your goals.

**Succeed at Work**
Learn strategies for improving your skills, advancing your career, adopting to workplace change, and performing to your potential.

**Your Healthy Lifestyle**
Get guidance and support from a Certified Health Coach so they can learn to live a healthier life.

**Times for Care Talks are 1pm ET | 12pm CT | 11am MT | 10am PT**
January Care Talks

Emotional Wellness:
Resolutions: Staying strong & resilient
Thursday, January 4th
Register now >>

Aging & Adult Care:
Putting YOU in the care equation and how to find joy all year long
Wednesday, January 17th
Register now >>

Child Care & Parenting:
Today’s family: Challenges and changes
Wednesday, January 24th
Register now >>

Your Healthy Lifestyle:
Eat your way to a healthy year
Thursday, January 25th
Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
February Care Talks

Financial Wellness:
**Tax tips**

Wednesday, February 14th
Register now >>

Succeed at Work:
**Fostering inclusion**

Thursday, February 15th
Register now >>

Aging & Adult Care:
**Brain+heart health connection:**
12 Ways to reduce Alzheimer’s and heart disease risk

Wednesday, February 21st
Register now >>

Child Care & Parenting:
**Raising children in a diverse world**

Wednesday, February 28th
Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
March Care Talks

Emotional Wellness:
Managing fear & anxiety

Thursday, March 7th
Register now >>

Disability & Neurodiversity:
Planning for summer travel and camp

Tuesday, March 12th
Register now >>

Aging & Adult Care:
Sleep science & relaxation to calm caregivers

Wednesday, March 20th
Register now >>

Child Care & Parenting:
Communicating and resolving conflict with your teen

Wednesday, March 27th
Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
**April Care Talks**

**Financial Wellness:**
**Overcoming debt**

📅 Wednesday, April 10th

Register now >>

**Aging & Adult Care:**
**How to modify our homes for more safety, serenity and less stress**

📅 Wednesday, April 17th

Register now >>

**Child Care & Parenting:**
**Finance:**
**Teaching children about money**

📅 Wednesday, April 24th

Register now >>

**Your Healthy Lifestyle:**
**Eating right on the run and on a budget**

📅 Thursday, April 25th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
May Care Talks

Emotional Wellness:
Tools to live your best life
Thursday, May 2nd
Register now >>

Aging & Adult Care:
Caregiver burnout:
Mental and emotional health help
Wednesday, May 15th
Register now >>

Succeed at Work:
Managing strong emotions
Thursday, May 16th
Register now >>

Child Care & Parenting:
Summer care and camp options
Wednesday, May 22nd
Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
June Care Talks

Disability & Neurodiversity: Parenting a child with ADD/ADHD

Tuesday, June 11th

Register now >>

Financial Wellness: Creating a budget

Wednesday, June 12th

Register now >>

Succeed at Work: Juggling act: The five buckets

Thursday, June 20th

Register now >>

Child Care & Parenting: Internet information for parents

Wednesday, June 26th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
Positive effect of self-esteem on performance

Thursday, July 18th

Register now >>

The path to inner peace

Thursday, July 11th

Register now >>

Caregiver 911: How to prepare for emergencies, natural disasters with an older loved one

Wednesday, July 17th

Register now >>

Dealing with sleep issues

Thursday, July 25th

Register now >>

Succeed at Work:

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

care.com/business/care-talks
August Care Talks

Financial Wellness:
Retirement & estate planning

- Wednesday, August 14th
- Register now >>

Succeed at Work:
Maximizing your time

- Thursday, August 15th
- Register now >>

Your Healthy Lifestyle:
Brain health

- Thursday, August 22nd
- Register now >>

Child Care & Parenting:
Children and stress

- Wednesday, August 28th
- Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
September Care Talks

Emotional Wellness:
Prioritizing self-care

Thursday, September 5th
Register now >>

Disability & Neurodiversity:
The importance of self-care for parents

Tuesday, September 10th
Register now >>

Aging & Adult Care:
Alzheimers disease and dementia care

Wednesday, September 18th
Register now >>

Child Care & Parenting:
Success in school

Wednesday, September 25th
Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
Financial Wellness:
Planning your financial future

Wednesday, October 9th
Register now >>

Aging & Adult Care:
The costs of care: A caregiver’s financial and legal preparation guide

Wednesday, October 16th
Register now >>

Child Care & Parenting:
Working parents: Achieve balance

Wednesday, October 23rd
Register now >>

Your Healthy Lifestyle:
Healthy meal planning

Thursday, October 24th
Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
November Care Talks

**Emotional Wellness:**
**Gratitude**

*Thursday, November 7th*

Register now >>

**Aging & Adult Care:**
**Holiday gift guide:**
How tech helps older adults and gives caregivers peace of mind

*Wednesday, November 20th*

Register now >>

**Financial Wellness:**
**Holiday budgeting**

*Wednesday, November 13th*

Register now >>

**Succeed at Work:**
**Holiday survival guide**

*Thursday, November 21st*

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks
December Care Talks

Emotional Wellness:
Forgiveness

Thursday, December 5th
Register now >>

Child Care & Parenting:
Raising well-balanced children

Monday, December 16th
Register now >>

Disability & Neurodiversity:
Set your goals:
Positioning for the future

Tuesday, December 10th
Register now >>

Aging & Adult Care:
Family meetings & having the care conversation

Wednesday, December 18th
Register now >>

Your Healthy Lifestyle:
Stress management

Monday, December 23rd
Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks today
care.com/business/care-talks