

# **Care Talks**

Expert advice for your employees

A series of events and webinars focused on supporting and educating your employees on all of their family care needs. Your employees will gain access to advice and guidance from expert speakers in areas such as childcare, senior care, financial literacy, emotional health, and more. Throughout 2023, Care will be running seven Care Talks per month across seven themes.



### The Care Difference

Educate and engage your workforce: Advice and guidance from expert speakers in areas they care about—like childcare, senior care, financial literacy, emotional health, and more. Dedicated events: Access to events around key holidays and observances like Black History Month and Mental Health Awareness Month. events with consistently high attendance and a 99%+ attendee satisfaction rating.

66 So many great ideas and resources available to caregivers

that I never would have known about. ">>

**★★★★★** Care Talks participant



## **Care Talks Themes**



#### **Confident Parenting**

This series offers parents strategies and insights to help them as they work to raise healthy and well-rounded children.



#### **Raising Children with Disabilities**

Participants who are parenting a child or loved one with disabilities will get support and guidance from an advocate and expert.



#### **Caring for Aging Loved Ones**

This series discusses caregiving challenges, experiences and resources and programs designed to help.



#### **Financial Wellness**

Participants will explore strategies for planning financial goals and managing money to meet those goals.



#### **Your Healthy Lifestyle**

Participants will get guidance and support from a Certified Health Coach so they can learn to live a healthier life.



#### **Emotional Wellness**

Everyone faces stressful or difficult situations at some point. Participants will learn tips and techniques to help them be more resilient.



#### Succeed at Work

This series will discuss strategies for improving skills, advancing careers, adapting to workplace change and performing to potential.

