



INTEGRATED Resilience

Below is a schedule of all the live events that will happen as part of the Integrated Resilience Channel launch.

[ICYMI](#): Col Carroll, 75 ABW Commander and Chief Walker, 75 ABW Command Chief introduce the Integrated Resilience Channel

10 Dec 1000-1100 Happy Healthy Holidays

Britlie Silvester, CHPS Health Promotion Coordinator

Live event accessed on MS Teams [here](#)

Meeting ID: 724 900 452 Phone: +1 571-388-3904 (Arlington)

Extra calories lurking at every corner – cookies at the office, eggnog at your neighbor's holiday party, or gifts of chocolates and candy. If you're like most Americans, you'll put on a pound or two by New Year's Day. Come learn how you and your family can eat, drink, and move your way to a healthier holiday season Max: 300; no registration required

10 Dec 1100-1200 Constructive and Respectful Relationships During Challenging Times

Dr. Raymond Mars, PhD., Los Angeles Police Department, Magellan Healthcare

Register here: <http://magellanhealth.adobeconnect.com/e1esuivy6jh6/event/registration.html>

2020 has brought uncertainty, rapid change, worry, stress and anxiety to our world. Join this webinar, brought to you by Magellan Healthcare, to hear Dr. Raymond Mars, in-house psychologist for the Los Angeles Police Department explain how to cope during challenging times, engage in difficult conversations and focus on what we can control. Recordings available at www.afpc.af.mil/EAP within 7 days of session. Max: 1000 participants; registration is required at link above.

10 Dec 1300-1400 Engage and Overcome

Dr. Marc Ybaben, Board Certified Psychologist, Occupational Medicine

Zoom Link: <https://www.zoomgov.com/j/16193739746?pwd=UG80dIR1bENPeHpSNUPpZkl2NnZQZz09>

Meeting ID: 161 93739746 PW:1300

Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

Many have joined Dr. Ybaben during the Corporate Wellness webinar series. He will continue sharing insights in this next session on Wellness and the "Character to Care" Max: 300; no registration required

11 Dec 1000-1045 Improve the Quality of Your Z's

Maj Brakefield-Allen, Board Certified Psychologist

Zoom Link: <https://www.zoomgov.com/j/16021917001>

Meeting ID: 160 2191 7001 Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

Learn evidenced based techniques to improve the quality of your sleep! Topics will include the use of caffeine, alcohol, and melatonin for better sleep health along with learning the tool of sleep restriction. Max: 300; no registration required

11 Dec 1100-1145 Navigating Holiday Stress in a Pandemic

Maj Brakefield-Allen, Board Certified Psychologist

SSgt Henry, Mental Health Technician

Zoom Link: <https://www.zoomgov.com/j/16021917001>

Meeting ID: 160 2191 7001 Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

Learn techniques to effectively manage your stress during this unusual winter season Max: 300; no registration required

14 Dec 1400-1445 Take Control of your Finances: Managing Credit and Debt

Mr. David Marble, Certified Financial Counselor, Financial Military Family Life Counselor

Zoom Link: <https://www.zoomgov.com/j/16010656249>

Meeting ID: 160 1065 6249 Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

This presentation provides information on credit establishment, credit management and debt relief. It introduces debt-to-income ratio concepts, the importance of monitoring credit reports and scores and briefly address SCRA and bankruptcy.

Max: 300; no registration required

16 Dec 1100-1145 Saving and Investing: Simple tips to Secure a Strong Financial Future

Mr. David Marble, Certified Financial Counselor, Financial Military Family Life Counselor

Zoom Link: <https://www.zoomgov.com/j/16010656249>

Meeting ID: 160 1065 6249 Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

Understand the difference between saving and investing and identifies options available to service members. Included in the presentation is a list of resources to assist with saving and investing activities. Max: 300; no registration required

16 Dec 1000-1100 Staying Connected: Overcoming Loneliness & Social Isolation

Marie Kemp, CHPS Health Promotion Specialist

Live event accessed on MS Teams [here](#)

Meeting ID: 724 900 452 Phone: +1 571-388-3904 (Arlington)

Loneliness and social isolation do not discriminate. They can come on suddenly due to a major life event or they can develop over a long period of time. During this class you will learn the differences between social isolation and loneliness, what causes them, how they can impact our health, and strategies to overcome feelings of isolation and being lonely.

Max: 300; no registration required

18 Dec 1000-1045 Time Management in the Age of COVID

Maj Brakefield-Allen, Board Certified Psychologist

SSgt Henry, Mental Health Technician

Zoom Link: <https://www.zoomgov.com/j/16021917001>

Meeting ID: 160 2191 7001 Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

Learn techniques to more effectively manage your precious time whether working in the office or at home

Max: 300; no registration required

22 Dec 1400-1445 TSP Tuesday

Mr. David Marble, Certified Financial Counselor, Financial Military Family Life Counselor

Zoom Link: <https://www.zoomgov.com/j/16021917001>

Meeting ID: 160 2191 7001 Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

This presentation provides an overview of the Thrift Savings Plan (TSP). Topics include enrollment, participation, contributions, investments funds and withdrawal options. It also discusses the Roth TSP. Max: 300; no registration required

23 Dec 1000-1100 Gratitude

Kendra Bucaro, CHPS Health Promotion Specialist

Live event accessed on MS Teams [here](#) Meeting ID: 724 900 452 Phone: +1 571-388-3904 (Arlington)

Gratitude is essential for improving your health and well-being. It helps us acknowledge the goodness in our lives and appreciate what we have. However, it isn't always easy to incorporate into our lives. This class will go over the latest research on the benefits of practicing gratitude, its connection to wellness and how it impacts your relationships, health and work. This class will also give you easy tools and tips on how you can engage in gratitude. You'll leave this class knowing how to practice and incorporate more gratitude into your everyday life.

Max: 300; no registration required

30 Dec 1000-1100 Overcoming Gym Intimidation

Abby Thompson, CHPS Health Promotion Specialist

Live event accessed on MS Teams [here](#)

Meeting ID: 724 900 452 Phone: +1 571-388-3904 (Arlington)

Have you been wanting to go to the gym, but you're not quite sure where to start? Come learn about ways to overcome both gym intimidation and barriers to being physically active. We'll also review the benefits of being active, the components of an exercise program, and how often to exercise.

Max: 300; no registration required

5 Jan 1000-1045 Home Sweet Home: Strategies for Home Buying

Mr. David Marble, Certified Financial Counselor, Financial Military Family Life Counselor

Zoom Link: <https://www.zoomgov.com/j/16021917001>

Meeting ID: 160 2191 7001 Phone: +1 669 254 5252 US (San Jose) +1 646 828 7666 US (New York)

This presentation provides an overview of the home buying and the mortgage process. Topics include deciding to buy or rent, determining how much the purchaser can afford, reallots, preparations for purchasing and homeowners insurance. The presentation also covers elements of SCRA and alternatives to foreclosure.

Max: 300; no registration required