

# 2021 CALENDAR

		Available on demand starting <b>FEB 20th</b>	Learn to identify ongoing symptoms of stress and how to find a healthier approach to the demands of work and home.
<b>MAR</b>	<b>STAYING ON TRACK</b> Budgeting and personal finances	<b>Your Routine Financial Checkup</b> Available on demand starting <b>MAR 20th</b>	Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets.
<b>APR</b>	<b>KEEP IT KIND</b> Creating positive interactions	<b>Maintaining Respect and Civility in the Workplace</b> Available on demand starting <b>APR 17th</b>	Identify methods to assertively address inappropriate conduct within the workplace to promote a healthy work environment.
<b>MAY</b>	<b>LIFE 101</b> Basic skills of adulthood	<b>DIY: Apps and Guides for Household Management</b> Available on demand starting <b>MAY 15th</b>	Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.
<b>JUN</b>	<b>RISE UP!</b>		