

# Well-being and Training Center Tutorial



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Breaking News

FIRST SUN  
EAP

Welcome to your new site!

**Featured this month**  
**Planning for Retirement**

Retirement is about so much more than money. It's important to consider the emotional issues around leaving work, planning for how you'll spend your time and, of course, money is important, too.

Explore Now More Resources

**Explore Your Benefits**

- My EAP**  
Learn about EAP benefits for me and my household members
- Suicide Prevention**  
Information for anyone who may be at risk for suicide
- Counseling Services**  
Counseling services for you and your household family members
- Legal Resources**  
Legal services available to you
- Financial Resources**  
Financial services available to you
- Lifestyle Resources**  
Supporting your day-to-day to-do tasks
- Child and Family Resources**  
Support for all stages of life
- Education Resources**  
Support for students of all ages
- HR/Leader Support**  
Resources to support you and your organization's well-being

**Featured Learning Centers**

**Raising Resilient Kids**

Resilience can be learned and developed. This means there are strategies, skills, and mindsets we can learn, and teach our children, so that we face life's challenges with more confidence, compassion, and emotional strength.

Learn More

View Featured View All

**Your Favorites**  
Site items saved by you to revisit or review later.

**Your Courses**  
Resume or revisit any course or assessment you have started or completed.

**Your History**  
Site items you have viewed over the past 30 days.

**College Life**  
Campus Life / Career Preparation / College Preparation / Financial Aid

**Connections**  
Caregiver and Elder Care Support / Disability Support / Family Life / Interpersonal Relationships

**Disaster Preparedness**  
Coping with Disaster / Earthquakes / Emergency Preparedness / Extreme Heat

**Emotional Wellbeing**  
Anger Management / Anxiety Disorders / Attention-Deficit/Hyperactivity Disorder (ADHD) / Autism Spectrum Disorders

**Financial**  
Auto Center / Banking and Loans / Budgeting / Consumer Protection

**Health**  
Allergies / Alternative Medicine / Autoimmune Diseases / Brain Health

**Legal**  
Advance Directives / Business Law / Consumer Protection / Criminal Law

**Parenting**  
Adoption / Babies and New Parents / Bullying / Child Care

**Workplace**  
Career Resources / Communication / Conflict Management / Diversity and Inclusion

**Assessments**  
Get insights into your risk levels and actionable steps to take.

**Calculators**  
Interactive, self-help financial tools to help you assess possible outcomes.

**Legal Forms**  
Common personal legal forms for everything from will making to rental agreements.

**Recipes**  
Library of dietitian-reviewed recipes that are healthy and delicious!

**Trainings**  
On-demand, expert-led talks.

**Webinars**  
On-demand, expert-led talks.

**Employee Newsletters**  
Employee newsletter archive

**Leadership Newsletters**  
Leadership newsletter archive

• **Contact us** by phone or online and search all site resources.

• Industry experts hold a **new webinar** on a featured topic each month.

• The **My EAP** tile highlights your program benefits and how to get started. Explore the other tiles for detailed information about your counseling and life management services.

• Take a deep dive into the most popular topics that affect our daily lives like stress, money, sleep, and mindfulness. Search the **Learning Center** for:

- Webinars
- Articles
- Workbooks
- Podcasts
- Courses
- Training Bites
- Calculators
- Assessments
- Recommended reading and apps

• All about **YOU**. Save your history, courses and favorites.

• Get the latest **newsletters** for employees, family members and leaders.

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