



Excelling at Work & Life

Presented by TriHealth EAP®

Parenting Prep for Back to School- Webinar

Thursday, August 1, 12:00 – 1:00 p.m.
Wednesday, August 7, 10:00 – 11:00 a.m.

Are you worried about homework, juggling soccer practices, arguing about times on screens, packing lunches, and feeling stressed? It must be time for BACK TO SCHOOL! In this training, you will recognize the importance of establishing a routine, discuss best practices for smoother evenings, and learn how to add self-care to your busy day.

To register, call 513 977 2165,
scan the QR code, email
TriHealthEAP-CST@TriHealth.com
or [register online](#).



Shelly Schadick, MA, LPCC
TriHealth EAP, Specialty
Treatment Coordinator

Shelly has 27 years of experience in the field of Employee Assistance providing counseling, psychoeducational training, crisis intervention, and management consultation. Shelly is a Licensed Professional Clinical Counselor (LPCC). She earned her Bachelor of Arts Degree in Sociology from Wheaton College in Massachusetts and her Master of Arts Degree in Community Counseling from the University of Cincinnati. Shelly's professional experience at TriHealth EAP includes counseling, training, on-call intervention, and service coordination.

Scan the QR code to register.



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