

# General EAP Overview Webinars for Employees 2026 Calendar

## What is the EAP Overview Webinar?

The EAP Overview Webinar is a live, virtual session designed to provide employees with a practical overview of the Employee Assistance Program (EAP), including available services, how to access support, and how confidentiality works.

## Who should attend?

Any employee or family member who would like to better understand their EAP benefits, especially those new to the organization or unfamiliar with the program.

## What topics are covered?

Available services (counseling, legal, financial, and work/life support), how to access services, common reasons to reach out, and confidentiality protections.

## Will there be a Q&A afterwards?

Yes. These are multi-company sessions, so attendees are asked not to share sensitive or personal information.

## Will the session be recorded?

Yes. The presentation will be recorded and shared with registered attendees following the webinar.

## Is there a cost to attend?

No. The webinar is included as part of your organization's EAP benefit.

## How long is the webinar session?

Each session consists of around 20 minutes of presented content, followed by 10 minutes of live Q&A.

## Upcoming Webinar Dates

DATE	TIME (PT)	TIME (ET)	REGISTRATION LINK
February 26	10:00 AM	1:00 PM	
February 26	3:00 PM	6:00 PM	
March 26	10:00 AM	1:00 PM	<a href="#">Register</a>
March 26	1:00 PM	4:00 PM	<a href="#">Register</a>
April 23	10:00 AM	1:00 PM	<a href="#">Register</a>
April 23	1:00 PM	4:00 PM	<a href="#">Register</a>
May 14	10:00 AM	1:00 PM	<a href="#">Register</a>
May 14	1:00 PM	4:00 PM	<a href="#">Register</a>
June 25	10:00 AM	1:00 PM	<a href="#">Register</a>
June 25	1:00 PM	4:00 PM	<a href="#">Register</a>
July 23	10:00 AM	1:00 PM	<a href="#">Register</a>
July 23	1:00 PM	4:00 PM	<a href="#">Register</a>
August 27	10:00 AM	1:00 PM	<a href="#">Register</a>
August 27	1:00 PM	4:00 PM	<a href="#">Register</a>
September 24	10:00 AM	1:00 PM	<a href="#">Register</a>
September 24	1:00 PM	4:00 PM	<a href="#">Register</a>
October 22	10:00 AM	1:00 PM	<a href="#">Register</a>
October 22	1:00 PM	4:00 PM	<a href="#">Register</a>
November 12	10:00 AM	1:00 PM	<a href="#">Register</a>
November 12	1:00 PM	4:00 PM	<a href="#">Register</a>
December 10	10:00 AM	1:00 PM	<a href="#">Register</a>
December 10	1:00 PM	4:00 PM	<a href="#">Register</a>

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