

Benefits Events Calendar

Seminars are open to all City employees. Pre-register for new employee benefits orientation using the email address provided. **If there is no registration information, registration is not required.** Questions? Contact the Benefits Unit at **206-615-1340** for most sessions or call **206-447-1924** if you have questions about the Deferred Compensation presentations.

July 2022

Date	Event	Time	Location/Registration
7/7/22 Thursday	457 Basics – Deferred Compensation	12:00 pm – 12:30 pm	Click here to register
7/12/22 Tuesday	BIPOC Panel Discussion: Mental Well-Being	11:00 am – 12:00 pm	Click here to register https://bit.ly/3nd7Wir
7/13/22 Wednesday	Deeply Rooted: Resilience for BIPOC Individuals	11:00 am – 12:30 pm	https://bit.ly/3QX7mCZ https://bit.ly/3QX7mCZ
7/14/22 Thursday	Considerations When Leaving the City - Deferred Compensation	12:00 pm – 12:30 pm	Click here to register
7/19/22 Tuesday	Social Security 101: Everything You Wanted to Know	12:00 pm 1:30 pm	Click here to join https://bit.ly/3bdrQXL
7/20/22 Wednesday	“The Great Reckoning” – Exploring what it takes to be whole as a white person	11:00 am – 12:30 pm	Click here to register https://bit.ly/3xYbQkb
7/21/22 Thursday	Accessing Your Online Deferred Compensation Account	12:00 pm – 12:30 pm	Click here to register
7/22/22 Friday	Stress Reduction Tool Bag	10:00 am – 11:00 am	Click here to join https://bit.ly/39YJuhN
7/26/22 Tuesday	Compassion Fatigue	12:00 pm – 1:00 pm	https://bit.ly/39ZRxBu https://bit.ly/39ZRxBu
7/27/22 Wednesday	Coming Together for Minority Mental Health	10:00 am – 11:00 am	Click here to register https://bit.ly/3bHoHQw
7/28/22 Thursday	Social Media Privacy	12:00 pm – 12:30 pm	Click here to register https://bit.ly/3Aa0xYP
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/human-resources/benefits/retirees/scers