

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.

June 2023			
Date	Event	Time	Location/Registration
6/7/23 Wednesday	<i>Nearing Retirement – Deferred Compensation</i>	9:00 am – 9:45 am	Click here to register
		12:00 pm – 12:45 pm	Click here to register
6/8/23 Thursday	LGBTQIA+ Mental Health – Every Mind Matters	11:00 am – 12:00 pm	Click here to register https://bit.ly/3OfCWND
6/14/23 Wednesday	<i>Intro to Deferred Compensation</i>	9:00 am – 9:45 am	Click here to register
		12:00 pm – 12:45 pm	Click here to register
6/14/23 Wednesday	Motivating Your Staff and Improving Morale	12:30 pm – 1:30 pm	Click here to register https://bit.ly/3M5T4hK
6/20/23 Tuesday	Self-Care: Getting You Help	1:00 pm – 2:00 pm	Click here to register https://bit.ly/42DxsQG
6/22/23 Thursday	Men’s Health	12:00 pm – 1:00 pm	Click here to register https://bit.ly/42KmSrz
6/27/23 Tuesday	EAP Orientation - Employees	12:00 pm – 1:00 pm	Click here to register https://bit.ly/3MyoUp2
6/28/23 Wednesday	Self-Care: Managing Depression	12:00 pm – 1:00 pm	Click here to register https://bit.ly/42ppACw
6/29/23 Thursday	EAP Orientation - Supervisors	11:30 am – 12:30 pm	Click here to register https://bit.ly/45aaTF5
Online Any time	Health Plan Options for Retiring Employees	N/A	http://www.seattle.gov/humanresources/benefits/retirees/sce rs