

Join Our Live Webinars

October 2016

The **Department of the Navy Civilian Employee Assistance Program (DONCEAP)** offers employees access to live webinars each month. This month's first webinar offers participants ideas for planning for retirement.

Setting the Course for Retirement

Tuesday, October 11, 2016

1 to 2 p.m. E.T. | [Register Here](#)

October's second webinar can help you with time management and organizational skills that are critical to successfully balancing work, life, and family. In this webinar, you will learn strategies and tips for organizing and managing your time that can make a critical difference in the quality of your work and personal life.

Planning, Prioritizing, and Organizing Your Time

Tuesday, October 25, 2016

1 to 2 p.m. E.T. | [Register Here](#)

Space is limited, so be sure to register today.

The DONCEAP is a voluntary and confidential employee benefit available to you and your family at no cost. Contact the DONCEAP for assistance today.

24 HOURS A DAY

1-844-DONCEAP

(1-844-366-2327)

TTY: 1-888-262-7848

INTERNATIONAL: 001-866-829-0270

DONCEAP.foh.hhs.gov