



## **LIVE LIFE WELL PROGRAMS**

### HEALTH CARE & BENEFITS DIVISION

**Upcoming Events**

May 29, 2025



## **Communicating Without Conflict with Your Significant Other**

***Brought to you by the Employee Assistance Program***

**When:** Wednesday, June 25, 2025 - 10:00 - 11:00 a.m.

**Location:** Webinar

Communication is the cornerstone of all relationships. It reinforces trust and acts as a method by which you can share your problems, frustrations, fears, anxieties, hopes and successes. Conflict is a part of life and exists in relationships. In fact, a relationship with no apparent conflict may be unhealthy than one with frequent conflict. Conflicts are critical events that can weaken or strengthen a

relationship. Join us to learn ways to communicate and navigate conflicts with your significant other using methods that can create a stronger relationship.

*The Employee Assistance Program is pleased to feature a whole series of webinars around the theme of Family and Personal Relationships. Check out the full list below!*

*Each webinar is recorded, if you can't make the date and time listed, return to the original link to watch the recording at a later time.*

[Register Now!](#)

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### **Employee Assistance Program Webinars**

- June 25: [Communication Skills for Families](#) (11 a.m.-12 p.m.)
- June 25: [Fair Play: Equitable Household Management](#) (1-2 p.m.)
- June 25: [Understanding Trauma Bonds in an Abusive Relationship](#) (2-3 p.m.)
- June 26: [Helping a Loved One Through Difficult Times](#) (10-11 a.m.)
- June 26: [Rewards and Challenges of Blended Families](#) (11 a.m.-12 p.m.)
- June 26: [Keeping the Spark Alive in Your Relationship](#) (1-2 p.m.)
- June 26: [The Impact of Substance Abuse on the Family](#) (2-3 p.m.)
- June 26: [Money and Relationships](#) (3-4 p.m.)

*The [Employee Assistance Program](#) is available to all State of Montana employees, their dependents, and household members.*

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### Delta Dental Webinars & Resources

- The Whole Tooth - [various days and times](#)
- Oral Health and Aging - [various days and times](#)

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### More Well-Being Events

- [Yoga](#) - Every Friday at 11:30 a.m.
- [Walk With Ease](#) - Begins May 5
- [Hinge Health](#) - Get no-cost help with joint or muscle pain. Start any time!

[Get More Information Here](#)

## STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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[BenefitsQuestions@mt.gov](mailto:BenefitsQuestions@mt.gov)

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**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche  
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