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2025

# Care Talks

Empower your employees with support and education to improve their well-being

# Table of contents

**3** About Care Talks

**4** January

**5** February

**6** March

**7** April

**8** May

**9** June

**10** July

**11** August

**12** September

**13** October

**14** November

**15** December



# About Care Talks

Care Talks support employees with access to advice and guidance from expert speakers in areas such as childcare, senior care, financial literacy, emotional health, and more. Care Talks are exclusively available to Care for Business clients and their employees.

In 2025, we will be offering seven sessions per month across the following topic areas:

## **Aging & adult care**

Gain knowledge and insights to help support your aging loved ones and navigate the challenges that come with aging.

## **Child care & parenting**

Gain insights and learn strategies to help raise healthy and well-rounded children.

## **Disability & neurodiversity**

Get support and guidance on how to raise a child, or support a loved one, with a disability.

## **Emotional wellness**

Learn tips and techniques to manage stress and navigate life's challenges.

## **Financial wellness**

Explore strategies for planning your financial future and managing money to meet your goals.

## **Succeed at work**

Learn strategies for improving your skills, advancing your career, adapting to workplace change, and performing to your potential.

## **Your healthy lifestyle**

Get guidance and support from a Certified Health Coach so you can learn to live a healthier life.

**Times for Care Talks are 1pm ET | 12pm CT | 11am MT | 10am PT**

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# January Care Talks



Emotional wellness:

## Be Positive

Thursday, January 2nd

[Register now >>](#)

Succeed at work:

## The Science of Goal Setting

Thursday, January 16th

[Register now >>](#)

Financial wellness:

## Retirement and Estate Planning

Wednesday, January 8th

[Register now >>](#)

Child care & parenting:

## Raising Well-Balanced Children

Wednesday, January 22nd

[Register now >>](#)

Disability & neurodiversity:

## Caring for Your Child With Disabilities

Tuesday, January 14th

[Register now >>](#)

Your healthy lifestyle:

## Eat Your Way to a Healthy Year

Tuesday, January 28th

[Register now >>](#)

Aging & adult care:

## Putting You in the Care Equation

Wednesday, January 15th

[Register now >>](#)



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# February Care Talks



Emotional wellness:

## Relaxation to Reduce Stress

Thursday, February 6th

[Register now >>](#)

Succeed at work:

## Emotional Intelligence

Thursday, February 20th

[Register now >>](#)

Disability & neurodiversity:

## Caring for Your Older Child With Disabilities

Tuesday, February 11th

[Register now >>](#)

Your healthy lifestyle:

## Your Healthy Heart

Tuesday, February 25th

[Register now >>](#)

Financial wellness:

## Tax Tips

Wednesday, February 12th

[Register now >>](#)

Child care & parenting:

## Raising Children in a Diverse World

Wednesday, February 26th

[Register now >>](#)

Aging & adult care:

## Brain + Heart Health Connection

Wednesday, February 19th

[Register now >>](#)



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# March Care Talks



Emotional wellness:

## How to Boost Your Self Confidence

Thursday, March 6th

[Register now >>](#)

Succeed at work:

## Overcoming Procrastination

Thursday, March 20th

[Register now >>](#)

Disability & neurodiversity:

## Autism Overview

Tuesday, March 11th

[Register now >>](#)

Your healthy lifestyle:

## Building in Daily Movement

Tuesday, March 25th

[Register now >>](#)

Financial wellness:

## Living Off Your Paycheck

Wednesday, March 12th

[Register now >>](#)

Child care & parenting:

## Summer Care and Camp Options

Wednesday, March 26th

[Register now >>](#)

Aging & adult care:

## Sleep Science and Relaxation to Calm Caregivers

Wednesday, March 19th

[Register now >>](#)



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# April Care Talks



Emotional wellness:

## Overcoming Burnout

Thursday, April 3rd

[Register now >>](#)

Succeed at work:

## Increasing Mental Toughness

Thursday, April 17th

[Register now >>](#)

Disability & neurodiversity:

## Financial Planning

Tuesday, April 8th

[Register now >>](#)

Your healthy lifestyle:

## The Connection Between Mental Health and Exercise

Tuesday, April 22nd

[Register now >>](#)

Financial wellness:

## Overcoming Debt

Wednesday, April 9th

[Register now >>](#)

Child care & parenting:

## Communicating and Resolving Conflict With Your Teen

Wednesday, April 23rd

[Register now >>](#)

Aging & adult care:

## How to Modify Your Home for More Safety, Serenity and Less Stress

Wednesday, April 16th

[Register now >>](#)



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# May Care Talks



Emotional wellness:  
**The Path to Inner Peace**

Thursday, May 1st

[Register now >>](#)

Aging & adult care:  
**Caregiver Burnout**

Wednesday, May 21st

[Register now >>](#)

Disability & neurodiversity:  
**Record Keeping**

Tuesday, May 13th

[Register now >>](#)

Your healthy lifestyle:  
**Resiliency: Bounce Back Stronger**

Tuesday, May 27th

[Register now >>](#)

Financial wellness:  
**Investment Basics**

Wednesday, May 14th

[Register now >>](#)

Child care & parenting:  
**Screen Guide**

Wednesday, May 28th

[Register now >>](#)

Succeed at work:  
**Building Better Relationships  
Through Effective Communication**

Thursday, May 15th

[Register now >>](#)



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# June Care Talks



Emotional wellness:

## Staying Strong and Resilient

Thursday, June 5th

[Register now >>](#)

Disability & neurodiversity:

## Does Your Child Have a Learning Disability?

Tuesday, June 10th

[Register now >>](#)

Financial wellness:

## Creating a Budget

Wednesday, June 11th

[Register now >>](#)

Adult care & aging:

## Senior Driving Challenges

Wednesday, June 18th

[Register now >>](#)

Succeed at work:

## Maximizing Your Time

Thursday, June 19th

[Register now >>](#)

Your healthy lifestyle:

## Sleep Basics

Tuesday, June 24th

[Register now >>](#)

Child care & parenting:

## Positive Parenting: School-Aged

Wednesday, June 25th

[Register now >>](#)



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# July Care Talks



Disabilities & neurodiversity:  
**The Importance of Nutrition  
and Exercise**

Tuesday, July 8th

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Financial wellness:  
**The Importance of Having a Will**

Wednesday, July 9th

---

Emotional wellness:  
**Tools to Live Your Best Life**

Thursday, July 10th

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Aging & adult care:  
**Caregiver 911 How to Prepare  
for Emergencies**

Wednesday, July 16th

Succeed at work:  
**Motivation Bringing Out the Best**

Thursday, July 17th

---

Your healthy lifestyle:  
**Clean Living**

Tuesday, July 22nd

---

Child care & parenting:  
**Important Teen Issues**

Wednesday, July 23rd

**Registration for these Care Talks  
opens at a later date**

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# August Care Talks



Emotional wellness:

## **Gratitude**

Thursday, August 7th

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Disabilities & neurodiversity:

## **Education**

Tuesday, August 12th

---

Financial wellness:

## **Preventing Identity Theft**

Wednesday, August 13th

---

Adult care & aging:

## **Exploring Senior Housing Alternatives**

Wednesday, August 20th

Succeed at work:

## **Juggling Act: The Five Buckets**

Thursday, August 21st

---

Your healthy lifestyle:

## **Get Smart About Brain Health**

Tuesday, August 26th

---

Child care & parenting:

## **Bullying: How to Protect Your Child**

Wednesday, August 27th

**Registration for these Care Talks  
opens at a later date**



# September Care Talks



Emotional wellness:  
**Mindful Meditation**  
Thursday, September 4th

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Disability & neurodiversity:  
**Parenting a Child With ADD/ADHD**  
Tuesday, September 9th

---

Financial wellness:  
**College Financial Planning**  
Wednesday, September 10th

---

Aging & adult care:  
**Alzheimer's Disease  
and Dementia Care**  
Wednesday, September 17th

Succeed at work:  
**Dealing With Challenging People**  
Thursday, September 18th

---

Your healthy lifestyle:  
**Health and Well-Being  
in the Workplace**  
Tuesday, September 23rd

---

Child care & parenting:  
**Children and Stress**  
Wednesday, September 24th

**Registration for these Care Talks  
opens at a later date**





# October Care Talks



Emotional wellness:

## Relationships

Thursday, October 2nd

---

Succeed at work:

## Handling and Managing Chaos

Thursday, October 16th

---

Financial wellness:

## Planning Your Financial Future

Wednesday, October 8th

---

Child care & parenting:

## Working Parents: Achieve Balance

Wednesday, October 22nd

---

Disability & neurodiversity:

## Balancing Full Family Needs

Tuesday, October 14th

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Your healthy lifestyle:

## Eating Right On the Run and On a Budget

Tuesday, October 28th

---

Aging & adult care:

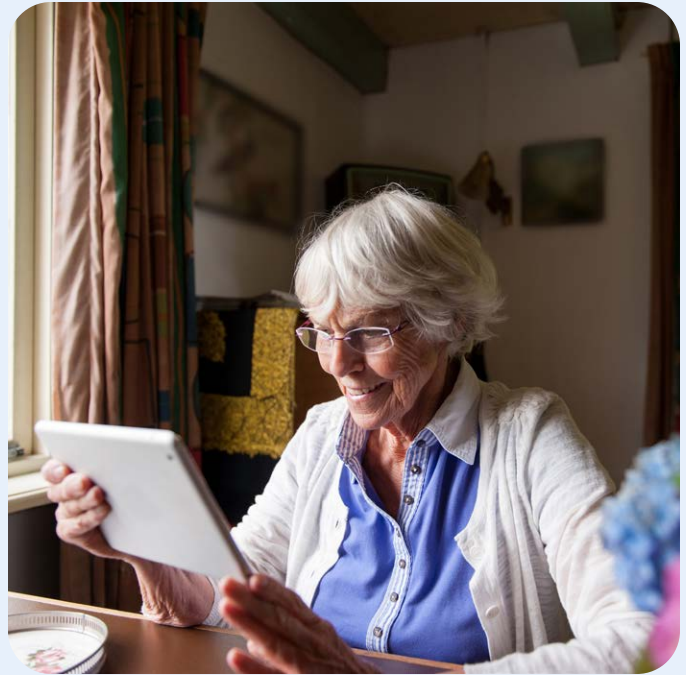
## The Cost of Care: Financial and Legal Preparation

Wednesday, October 15th

**Registration for these Care Talks  
opens at a later date**

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# November Care Talks



Emotional wellness:

## **Managing Strong Emotions**

Thursday, November 6th

---

Disability & neurodiversity:

## **Healthy Habits for the Holidays**

Tuesday, November 11th

---

Financial wellness:

## **Building Good Credit**

Wednesday, November 12th

---

Your healthy lifestyle:

## **Emotional Eating**

Tuesday, November 18th

Aging & adult care:

## **Holiday Gift Guide: How Tech Helps Older Adults and Caregivers**

Wednesday, November 19th

---

Succeed at work:

## **Stress Reduction Tool Kit**

Thursday, November 20th

---

Child care & parenting:

## **Navigating the Teen Years**

Wednesday, November 26th

**Registration for these Care Talks  
opens at a later date**



# December Care Talks



Financial wellness:  
**Holiday Budgeting**  
Wednesday, December 3rd

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Child care & parenting:  
**Healthy Kids**  
Wednesday, December 17th

---

Emotional wellness:  
**Stick With It**  
Thursday, December 4th

---

Succeed at work:  
**Managing Work and Life**  
Thursday, December 18th

---

Disability & neurodiversity:  
**The Importance of Self-Care  
for Parents**  
Tuesday, December 9th

---

Your healthy lifestyle:  
**Compassion Fatigue**  
Tuesday, December 23rd

---

Aging & adult care:  
**Family Meetings and Having the  
Care Conversation**  
Wednesday, December 10th

**Registration for these Care Talks  
opens at a later date**

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