

DECEMBER WELLNESS SCHEDULE

Coastline EAP offers live weekly wellness classes to help you boost your emotional health and wellness. Our classes are evidence-based and designed to help engage your body's natural relaxation response.

All classes are lead by Stephanie Gove, NBC-HWC, MBSR, MB-BP Instructor

Register for as many classes as you like by clicking on the title of the class below.

CHAIR YOGA (30 MIN)

Wednesday, December 3, 2025

12:00pm – 12:30pm

Ready to give your neck and shoulders some care and attention? Join us for some gentle stretches that you can do right at your desk. No special equipment is required but you might want to kick off your shoes!

SUPERVISORS' GUIDE TO THE EAP (30 MIN)

Thursday, December 11, 2025

9:30am -10:00am

In this training you will learn about Coastline's services as well as additional services available for supervisors, managers, and HR such as: onsite grief or trauma support, management consultations and referrals, and how to motivate your employees to contact the EAP.

MINDFUL MOVEMENT (30 MIN)

Thursday, December 18, 2025

10:00 am -10:30am

Join us for a drop-in mindfulness session. Each 30-minute Zoom session includes sitting and standing mindful movements. No prior experience is necessary.

SITTING MEDITATION: BEFRIENDING ANXIETY & WORRY (30 MIN)

Tuesday, December 23, 2025

12:00pm – 12:30pm

Engage in this guided meditation to nurture compassionate awareness towards difficult emotions like anxiety and worry. Participants will learn grounding and centering practices designed to meet the hectic holiday season.

Can't attend live?

Pre-recorded breathing exercises and meditations are available on our website.

