

Benefits Events Calendar

Webinars are open to all City employees. If there is no registration information, registration is not required. Questions? Contact the Benefits Unit at Benefits.Unit@seattle.gov or 206-615-1340. If you have questions about Deferred Compensation: DeferredCompQuestions@seattle.gov or 206-447-1924.

November 2025			
Date	Event	Time	Location/Registration
11/4/25 Tuesday	Accessing Mental Health Support During the Holiday Season	12:30 pm - 1:30 pm	Register here
11/5/25 Wednesday	Navigating the Deferred Compensation Website	12:00 pm - 12:30 pm	Register here
11/5/25 Wednesday	"Let's Talk Politics": How to Have Impassioned Disagreements Without Damaging Relationships	11:30 am - 12:30 pm	Register here
11/6/25 Thursday	Perimenopause & Menopause: It's More Than a Flash! (4 of 4)	12:30 pm - 1:30 pm	Register here
11/12/25 Wednesday	Distributions from the Deferred Compensation Plan	12:00 pm - 12:30 pm	Register here
11/12/25 Wednesday	Quit for Life: Tobacco Cessation Webinar	10:00 am - 11:00 am	Register here
11/13/25 Thursday	Mindset Matters: Fostering a Helpful Approach to Your Wellness Journey	10:00 am - 11:00 am	Register here
11/13/25 Thursday	Benefits 101: What is Proactive Health?	11:00 am - 12:00 pm	Register here
11/14/25 Friday	Creating Psychological Safety in the Workplace	12:00 pm - 1:00 pm	Register here
11/17/25 Monday	Eat with Intention: Discovering Mindful Eating Practices	12:00 pm - 1:00 pm	Register here
11/18/25 Tuesday	Benefits 101: Why Cancer Screenings Matter	10:00 am - 11:00 am	Register here
11/20/25 Thursday	Introduction to the Deferred Compensation Plan	12:00 pm - 1:00 pm	Register here