



TLC Services

Presentations Catalog April - August 2026

We are not holding presentations on Zoom in 2026. If you join our mailing list, we will let you know of upcoming presentations and groups. Please check our video library at tlc-services.org on the Events page/click on "Videos of Past Presentations." For example, **below are videos from 2024 and 2025 that we hope will be helpful in 2026.**

Title	Presenter(s)	When/Where
<u>The Joy of Volunteering: When choosing where to volunteer your time and energy, there are things to look for to add meaning to your life. (18 min)</u>	Dr. Jim Deutch, LCSW Elaine Stipetich, LCSW	Watch this anytime for inspiration.
<u>Coping with Grief During the Holidays: Grieving during the holidays is difficult; by honoring your emotions, adjusting expectations, and creating space for healing, you can make it through in a way that respects both your grief and your well-being. (19 min)</u>	Joan Miles Lowitt, LCSW Shirley Somers, B.S., Education	December is a good month to view this video

<u>Navigating Relationships with Adult Children: Explores the dynamics of relationships between parents and adult children and offers insights on communicating effectively to foster healthy, enduring connections. (25 min)</u>	Marsha Grabois, MSW Diane Vasaturo, LCSW	This video may be particularly helpful during the summer months and the holidays.
<u>Ask TLC: New Year, New Horizons: Embracing a Fresh Start: A focus for the year can help you shape your plans and activities. Whether you want to set a formal resolution or allow room for flexibility, January is an excellent time to reflect on the best ways to improve your satisfaction (21 min)</u>	Bonnie Hovel, LCSW	January is a good month to watch this video, or any time you want to embrace a "fresh start."
	<u>PDF: Presentation Slides</u>	
<u>Ask TLC: Loving Yourself: Be Your Own Valentine: This presentation focuses on self-love and self-appreciation. It will empower you to build confidence, practice self-care, and foster a healthy relationship with yourself (20 min)</u>	Lucille Karatzas	A good video for February, the month we celebrate Valentine's Day

Ask TLC: How Do I Avoid Online Scams? By staying informed and trusting your gut, you can navigate the digital world more confidently and avoid common traps (29 min)	David Hovel, TLC Technology Officer	Tips to avoid scams any time of the year.
	PDF: Presentation Slides	