

Your assistance program includes a monthly newsletter featuring topical articles, promotional videos, free webinars and leadership resources to build program awareness and engagement.

JANUARY

*New Year,
New Goals*

FEBRUARY

*Healthy
Relationships*

MARCH

#MarchMindfulness

LEADERSHIP RESOURCES

Best Practices in Assistance Program Promotion

APRIL

*Stress Awareness
Month*

MAY

*Mental Health
Awareness Month*

JUNE

Pride Month

LEADERSHIP RESOURCES

How to Build Mental Health Awareness at Your Organization

JULY

*Minority
Mental Health
Awareness Month*

AUGUST

*Back to School
Challenges*

SEPTEMBER

*The Importance
of Self Care*

LEADERSHIP RESOURCES

Back to School Toolkit: Empowering Working Parents

OCTOBER

Building Resilience

NOVEMBER

Holiday Stress

DECEMBER

Financial Wellness

LEADERSHIP RESOURCES

Crisis Support: Leading Through Difficult Times