



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

JANUARY

Setting Intentions & Healthy Boundaries

FEBRUARY

Relationships & Attachment Styles

MARCH

Avoiding Burnout

APRIL

Digital Wellness

MAY

Building Mental Health Awareness

JUNE

Radical Acceptance

JULY

Supporting Minority Mental Health

AUGUST

Caregiving & Parenting Support

SEPTEMBER

Addiction & Recovery

OCTOBER

Boosting Financial Confidence

NOVEMBER

Regulating Emotions

DECEMBER

Reflecting & Resetting