



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

JANUARY

Mind/Body Connection

FEBRUARY

*Boundaries/
Relationships*

MARCH

Burnout & Overwhelm

APRIL

Understanding Anxiety

MAY

*Mental Health
Awareness*

JUNE

Civility

JULY

*Minority Mental
Health Awareness*

AUGUST

Whole Family Care

SEPTEMBER

*Substance Misuse
& Recovery*

OCTOBER

Holiday Health

NOVEMBER

Financial Wellness

DECEMBER

Purpose