



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

## JANUARY

*Nurturing the Mind-Body Connection*

## FEBRUARY

*Managing & Resolving Conflict*

## MARCH

*Preventing Burnout*

## APRIL

*Understanding Neurodiversity*

## MAY

*Exploring Mental Health*

## JUNE

*Achieving Summer Goals*

## JULY

*Recognizing Minority Mental Health*

## AUGUST

*Coping with Life Transitions*

## SEPTEMBER

*Addressing Collective Trauma*

## OCTOBER

*Boosting Financial Wellness*

## NOVEMBER

*Practicing Mindfulness*

## DECEMBER

*Building Resilience*