

# YOUR EMPLOYEE ASSISTANCE PROGRAM

WHATEVER YOU NEED,  
WE ARE HERE TO HELP.

## Promotional Calendar

# HelpNet

|     | THEME                                      | ONLINE SEMINAR*  | DESCRIPTION  |
|-----|--|--|--|
|     |  | *For clients with Advantage Complete or Enhanced Web   | Seminars can be found on your home page, or you can search for them by title.  |
| JAN | Workplace Relationships                    | <b><i>Building Positive Relationships at Work</i></b><br>Available on Demand Starting Jan 15th   | Examine patterns in our workplace relationships and how we can alter our approach to make them positive.   |
| FEB | Recognizing a Need for Support             | <b><i>Mental Health First Aid</i></b><br>Available on Demand Starting Feb 19th   | Recognize the signs of someone who might be facing emotional concerns, and learn best practices for offering support.  |
| MAR | Respecting Each Other                      | <b><i>Interpersonal Communication: Social Skills for Success</i></b><br>Available on Demand Starting Mar 19th                          | Explore verbal and nonverbal communication to better understand how interpersonal communication may be interpreted by others.  |
| APR | Resilience                                 | <b><i>Understanding Resilience</i></b><br>Available on Demand Starting Apr 16th  | Delve into techniques for becoming more resilient, and understand that the first step is acknowledging one's own feelings.   |
| MAY | Prioritizing Wellbeing                     | <b><i>Healthy Mind Toolkit</i></b><br>Available on Demand Starting May 21st  | Learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in your "healthy mind toolkit." |
| JUN | Mindfulness and Focus                      | <b><i>Mindfulness Matters</i></b><br>Available on Demand Starting Jun 18th   | Explore basic mindfulness principles and learn some techniques that you can put to immediate use.  |
| JUL | Managing Pressure and Balancing Priorities | <b><i>Making a Life While Making a Living: Work-Life Balance</i></b><br>Available on Demand Starting Jul 16th                          | Identify strategies to be more effective and more satisfied with both home and work lives.   |
| AUG | Tools for Financial Wellbeing              | <b><i>Effective Budgeting</i></b><br>Available on Demand Starting Aug 20th   | Develop better skills for tracking spending, reducing debt, and developing a personal plan for financial success.  |
| SEP | Making the Best Use of Your Time           | <b><i>Maximizing Your Day: Effective Time Management</i></b><br>Available on Demand Starting Sep 17th                                  | Better understand basic time management principles and what characteristics make effective time managers.  |
| OCT | Positive Emotional Health                  | <b><i>Emotional Wellness: Building Better Mental Health</i></b><br>Available on Demand Starting Oct 15th                               | Gain coping strategies for dealing with adversity in a constructive way, and develop structured mechanisms for building better mental health.                            |
| NOV | Support for Caregivers                     | <b><i>The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving</i></b><br>Available on Demand Starting Nov 19th | Identify common family dynamics, gain insight on knowing when it's time for additional caregiving support resources, and explore self-care techniques.                   |
| DEC | Creating Stronger Relationships            | <b><i>Examining Relationships: Healthy vs. Unhealthy</i></b><br>Available on Demand Starting Dec 17th                                  | Examine different types of relationships – from family and friendship, to romantic and professional – while learning to recognize healthy and unhealthy relationships.   |

Available any time, any day, your **Employee Assistance Program** is a free, confidential benefit to help you balance your work, family, and personal life.

For professional assistance, just call or log on.

TOLL-FREE: **800.969.6162**

WEBSITE: [www.helpneteap.com](http://www.helpneteap.com)

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