

# 2020 EAP PROMOTIONAL CALENDAR



	WORKSITE POSTER	MONTHLY THEME & FLYER	MONTHLY SEMINAR <small>(All Seminars are Available Online on the First Day of Every Month)</small>	NEWSLETTER	MOBILE PUSH MESSAGING TOPIC
<b>JAN</b>	Productivity	Team Collaboration	<b>Conflict Resolution:</b> Ironing Out Your Differences		Change
<b>FEB</b>		Resilience	<b>Building Resilience:</b> Bouncing Back After Extraordinary Events	LinLine for Employees and Supervisors	Relationship
<b>MAR</b>		Mutual Respect	<b>Dealing with Difficult People:</b> Managing Workplace Dynamics		Time Management
<b>APR</b>	Mental Health	Reducing Stigma	<b>Mental Health First Aid:</b> How to Connect with Someone in Need		Mental Health First Aid Toolkit
<b>MAY</b>		Depression	<b>Understanding Depression:</b> When Your Feelings Go Beyond Sadness	LinLine for Employees and Supervisors	Work-Life Balance
<b>JUN</b>		Anxiety	<b>Improving Self-Esteem:</b> A Guide to Feeling Better About Yourself		Mindfulness
<b>JUL</b>	Dependence	Addiction	<b>Building a Drug Free Workplace:</b> Your Role and Responsibility		GlobalFit
<b>AUG</b>		Navigating Change	<b>Change is Constant:</b> Tips to Help You Thrive	LinLine for Employees and Supervisors	Stress
<b>SEP</b>		Positive Thinking	<b>Challenging Negative Thoughts:</b> Leading a More Positive Life		Happiness
<b>OCT</b>	Family	Healthy Relationships	<b>Effective Communication:</b> Working Through the Barriers		Savings Center
<b>NOV</b>		Holiday Stress	<b>'Tis the Season:</b> How to Survive the Holidays	LinLine for Employees and Supervisors	Holiday Toolkit
<b>DEC</b>		New Year, New You	<b>Healthy Living:</b> Strategies to Improve Your Overall Wellbeing		Resilience