



The 2023 monthly communication calendar highlights the 2023 wellbeing topics, webinars, and newsletter highlights for each month.



Stay up to date!

2023 MONTHLY COMMUNICATION CALENDAR

Stay up to date with the latest in empowering information for emotional & physical wellbeing.

JANUARY



Poverty Awareness Month



Newsletter: Poverty awareness and nutrition information.



Personal Advantage Webinar: *The Struggle is Real: Strategies for Time Management.* Learn realistic strategies for more effective time management.



Skill-Building Webinar: *Healthy Habits with Diet and Exercise.* Learn about the direct effect and influence on how implementing healthy habits buffers stress and maintains overall mental health.

FEBRUARY



African American Heritage Month



Newsletter: Culturally sensitive care and African American heritage information.



Personal Advantage Webinar: *Navigating Red Tape After the Death of a Loved One.* Learn first steps for handling key aspects of handling your loved one's estate.

MARCH



National Women's History Month



Newsletter: Anxiety and national women's history information.



Personal Advantage Webinar: *The Sandwich Generation—Multi-Generational Caregiving.* Review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families.



Skill-Building Webinar: *Mindfulness and Meditation Series—Body Scan.* Learn how to conduct body scans to reduce stress and anxiety.



The monthly Uprise Health EAP newsletters highlight:

- Digital Course
- Service Offerings
- Monthly Event

Learn more at uprisehealth.com



APRIL



Autism Awareness Month

4/1

Newsletter: Covering ADHD and autism awareness information.

4/1

Personal Advantage Webinar: *Making Time for Everything—Dual Careers and Family Life.* Explore the realities of busy, working partners and making the most of the time and energy we have.

MAY



Mental Health Awareness Month

5/1

Newsletter: Mental health awareness and care.

5/1

Personal Advantage Webinar: *The Science of Happiness.* Explore the concept of happiness, how it relates to your life, and what intentional activities you can do to increase your life satisfaction.

5/18

Skill-Building Webinar: *Taking Care of Your Mental Health Day-to-Day.* Learn to incorporate some habits to keep living a life of meaning and purpose. Prevention is the best cure.

JUNE



LGBT Pride Month

6/1

Newsletter: Self-esteem and LGBTQIA+ information.

6/1

Personal Advantage Webinar: *PTSD—Let's Get the Facts.* Learn the definition, common myths vs. facts, symptoms, relationship, self-care, and treatment for PTSD.

JULY



National Minority Mental Health Month

7/1

Newsletter: Child and family topics as well as minority mental health information.

7/1

Personal Advantage Webinar: *Planning for Retirement—It's More Than Just the Numbers.* Explore the new world of semi-retirement, emotional issues around leaving work, the money, and more.

7/20

Skill-Building Webinar: *Effective Parenting Strategies Through Times of Change.* Every child and every family are different. Learn some top tips to be a better you for you and for your kid(s).

AUGUST



Understanding Neurodiversity

8/1

Newsletter: Back-to-school and neurodiversity information.

8/1

Personal Advantage Webinar: *Engaging Empathy in the Workplace.* Gain a greater understanding of best practices for providing empathy to coworkers and managers while maintaining a professional relationship.



We help today's diverse workplace thrive by improving the lives of their members and families.



We are here to help!



SEPTEMBER



World Alzheimer's Month



Newsletter: Aging and Alzheimer's information.



Personal Advantage Webinar: *Involvement and Engagement*
Explore two actionable concepts: acts of kindness and flow. You will enjoy adding these concepts to your daily/weekly routine in order to help you live a happier, positive, and more purposeful life!



Skill Building Webinar: *Finding Meaning and Purpose*. Learn to identify meaning and purpose through individual experience and how meaning can be found or created.

OCTOBER



Depression Education Awareness Month



Newsletter: Depression education and awareness.



Personal Advantage Webinar: *Master Your Spending*. Learn to master the emotional side of money and regain financial dignity so you can become and stay financially healthy.

NOVEMBER



American/Alaskan Native Heritage Month & National Family Literacy Month



Newsletter: Relationship building, family literacy, and American/Alaskan Native Heritage Month.



Personal Advantage Webinar: *Supporting a Loved One with Substance Use Concerns*. Having a loved one who has a substance use disorder can be frustrating and painful. Learn how to recognize signs of substance use disorders and review choices on how to support your loved ones.



Skill Building Webinar: *Are Your Saboteurs Getting in the Way of Your Relationship*. Get familiar with your inner saboteurs and acknowledge how they got you where you are today.

DECEMBER



The Holidays!



Newsletter: Stress management and the holidays.



Personal Advantage Webinar: *Relaxation Rx*. Learn relaxation techniques that provide immediate as well as long-term benefits. Also, learn how to detect burnout triggers and discovery ways to regain a sense of balance and motivation.