2025 Content Calendar

Because life happens all year long. *Your EAP is there for it.*

JAN
Meet Your EAP
Learn about the benefits and services included in your EAP and how they can help you through many aspects of life.

FEB
Setting Healthy Boundaries
Setting healthy boundaries is essential to having strong relationships and an important aspect of self-care.

MAR
Managing Your Taxes
Your EAP can provide tips for managing your taxes effectively and helping to eliminate stress that comes during this time.

APR
Combatting Stress
Learn effective strategies for lowering your everyday stress.

MAY
Mental Health Awareness
Discover how to recognize if you or someone you know needs help and learn about the resources available to you.

JUN
Nutrition for Mind/Body Health
Eating a high-quality diet not only nourishes your body but also boosts your mental health.

JUL
Improving the Mind/ Body Connection
Discover practices to help improve the connection to support your overall well-being.

AUG
Parental Well-being/ Back-to-School
Learn how to prioritize your mental health during what can be a stressful period.

SEP
Suicide Awareness
Learn the facts about suicide and help educate others on how we can help those who may be struggling.

OCT
Substance Use Prevention
Learn about the effects of substance use disorder and how to help prevent the harm it can cause.

NOV
Coping with Seasonal Changes
Learn about mental health strategies to help cope with these inevitable changes.

DEC
Financial Wellness
Learn how to achieve financial wellness with helpful strategies that will help you stay organized and be prepared for the future.

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