

BEST CARE EAP 2020 PROMOTIONAL CALENDAR

	EAP NOTES	WEBINAR	MGMT NOTES	HR INSIGHT SERIES*
JAN	GOAL SETTING	DESIGNING A WELLNESS PLAN		
FEB	RESILIENCE	BOUNCE BACK BETTER	CHANGE	ROUNDTABLE DISCUSSION 2/11/2020
MAR	ANXIETY	THRIVING IN CHAOS		
APR	CHANGE	COPING WITH CHANGE		
MAY	DEPRESSION	MENTORING 101	COACHING	MEDICAL MARIJUANA 5/12/2020
JUN	RELATIONSHIPS	DON'T FEAR FEEDBACK		
JUL	POSITIVITY	BYO POSITIVE ATTITUDE		
AUG	GRATITUDE	AN ATTITUDE OF GRATITUDE	RESPECT	WORKPLACE VIOLENCE 5/12/2020
SEP	MONEY	FINANCIAL WELLBEING		
OCT	FOCUS	HOW FOOD EFFECTS YOUR MOOD		
NOV	STRESS	FRAZZLED VS. FESTIVE	CONFLICT	SUBSTANCE AND ALCOHOL IN THE WORKPLACE 11/17/2020
DEC	FAMILY	WORK/LIFE BALANCE		

*Please see 2020 [Educational Services Catalog](#) for all Training Events. For Insight Series, [click here](#).



BEST CARE EAP

For more information, go to www.BestCareEAP.org or call **402.354.8000** or **800.801.4182** or email EAP@BestCareEAP.org.