

2020 Monthly Engagement Themes

The [Client Resources](#) site will have toolkits that support each theme (December 2019).

Month	Theme	National Health Observance
January	Understanding Drug and Alcohol Addiction	National Drug and Alcohol Facts Week
February	Setting Realistic Expectations	American Heart Month
March	The Benefits of Good Sleep	National Sleep Awareness Week
April	Autism Awareness, Care and Support	National Autism Awareness Week
May	Maintaining Good Mental Health Through All Stages of Life	National Mental Health Month; Children's Mental Health Awareness Week
June	Getting through Tough Times	National Alzheimer's and Brain Awareness; National PTSD Awareness Day
July	Adventuring and Exploring	N/A
August	Child and Adolescent Mental Health	Back to School
September	Suicide Prevention	National Suicide Awareness Month
October	Recognizing Depression	National Depression and Health Screening Month; World Mental Health Day
November	Caregiver Support	National Family Caregivers Month
December	Being Grateful	National Stress-free Family Holidays Month

Work/Life Webinar	
January	Your Financial Check - Walk through a financial checkup, guiding you through the necessary steps to examine your finances. Available on demand starting Jan. 21
February	Managing Workplace Stressors - Get information and strategies to address and manage professional stressors effectively. Available on demand starting Feb. 18
March	Planning for Professional Growth - Discuss the four stages of professional careers and get tools to develop a self-assessment plan that can lead to your career growth. Available on demand starting March 17
April	Effective Communication with Children - Learn about different communication styles and how to communicate effectively, starting in early childhood. Available on demand starting April 21
May	Accepting Aging: Yourself and Others - Examine “normal” age-related changes and identify ways for you to come to terms with your own aging. Available on demand starting May 19
June	Say What You Mean the Right Way - Identify barriers to clear communication and discuss how to apply tips for effective communication. Available on demand starting June 16
July	Explore New Horizons and Expand the Mind - Discover the possibility and promise of seeking and exploring new horizons. Available on demand starting July 21
August	Outsourcing your To-Do List - Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life. Available on demand starting Aug. 18
September	The Secret to Work-Life Balance - Uncover the secret to securing a healthy work and family balance. Available on demand starting Sept. 15
October	The Mental Strength Workout - Learn skills and strategies to exercise the power of your mind and increase your mental fortitude. Available on demand starting Oct. 20
November	Building Resilience Muscles - Learn resilience by understanding yourself and identifying the mental obstacles that get in your way. Available on demand starting Nov. 17
December	Know Your Strengths - Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges. Available on demand starting Dec. 15

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