



# 2023 CONTENT CALENDAR

Here for all of life's challenges.

Life happens all year long—and your EAP is there for it. Let your Employee Assistance Program (EAP) come along for the ride with our annual content calendar. Each month, a theme is available and includes an email push, webinar opportunities, links to services, resources and key dates. They are all designed to supplement your company's existing content or to stand alone.

**JAN** Finding Time

**FEB** Grief: Coping with a Loss

**MAR** Self Care and Wellness

**APR** Employee Wellbeing

**MAY** Mental Health

**JUN** PTSD Awareness

**JUL** Retirement Planning

**AUG** Family Wellbeing

**SEP** Suicide Awareness

**OCT** Financial Stress

**NOV** Holiday Toolkit/Holiday Prep

**DEC** Gratitude

Looking for more ways to organize your well-being content?

Visit [eap.ndbh.com](https://eap.ndbh.com) or reach out to your account manager.

 **NEW DIRECTIONS®**

800-624-5544 | [eap.ndbh.com](https://eap.ndbh.com)

