



2021 Content Calendar

Month	Topic	Dimension of Well Being
January	How to Use Your EAP: Counseling	Emotional, Relational
February	Working Remotely	Professional
March	Parenting	Relational
April	How to Use Your EAP: Accessing Your Resources	All: Physical, Emotional, Relational, Spiritual, Financial/Legal, Professional
May	Mental Health Month and Mental Health During the Pandemic (Stress, Anxiety, Depression)	Emotional
June	Sleep	Physical
July	How to Use Your EAP: Member Website with an emphasis on Financial and Legal Consultations and Resources	Financial/Legal
August	Diversity & Inclusion in the Workplace	Professional, Relational
September	Nurturing Your Spiritual Foundation National Suicide Prevention Month September 5-11, 2021	Spiritual
October	Emotional Intelligence For Managers/Supervisors: Overview of Your EAP Resources (Open Enrollment Resources for Managers/Supervisors)	Emotional All: Physical, Emotional, Relational, Spiritual, Financial/Legal, Professional
November	How to Use Your EAP: VITAL WorkLife App	All: Physical, Emotional, Relational, Spiritual, Financial/Legal, Professional
December	2021 Recap	All: Physical, Emotional, Relational, Spiritual, Financial/Legal, Professional

Please Note: Topics may be subject to change based on prioritization of subject matter related to pressing issues or notable events in society. Thank you for understanding our need to have flexibility in order to provide our clients with the most relevant content.