



## 2021 Monthly Engagement Themes

Month	Theme	National Health Observance
January	Understanding Drug and Alcohol Addiction	National Drug and Alcohol Facts Week
February	Sexual Abuse and Sexual Violence Recovery	American Heart Month
March	Getting Help with Eating Disorders	National Sleep Awareness Week
April	Autism Awareness, Care and Support	National Autism Awareness Week
May	Maintaining Mental Health	National Mental Health Month; Children's Mental Health Awareness Week
June	Boosting resilience	National Alzheimer's and Brain Awareness; National PTSD Awareness Day
July	Minority Mental Health Awareness	N/A
August	Child/Adolescent Mental Health Awareness	Back to School
September	Suicide Prevention Awareness	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	Dealing with Holiday Stress	National Stress-free Family Holidays Month



## 2021 Work/Life Webinars

January	<b>Reframing Your World:</b> Discover practical ways to reframe your perspective to live a more present and positive life. <b>Available on demand starting January 19.</b>
February	<b>Setting Goals for Your Future:</b> Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life. <b>Available on demand starting February 16.</b>
March	<b>Planning for Success:</b> Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm. <b>Available on demand starting March 16.</b>
April	<b>The Steps to Financial Security:</b> Understand the practical ways you can feel more secure and more stable in your finance management. <b>Available on demand starting April 20.</b>
May	<b>Addressing Anxiety in an Uncertain World:</b> Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way. <b>Available on demand starting May 18.</b>
June	<b>Building Healthy and Happy Relationships:</b> Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting. <b>Available on demand starting June 15.</b>
July	<b>Maximizing Your Summer Break:</b> Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family. <b>Available on demand starting July 20.</b>
August	<b>Raising Confident Children:</b> Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults. <b>Available on demand starting August 17.</b>
September	<b>Switch on to Being More Present:</b> Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you. <b>Available on demand starting September 21.</b>
October	<b>Embracing Diversity and Differences:</b> Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life. <b>Available on demand starting October 19.</b>
November	<b>Caring for Our Elders:</b> Find out more about the aging process and how to practically and emotionally care for elderly relatives. <b>Available on demand starting November 16.</b>
December	<b>Paying it Forward:</b> Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others. <b>Available on demand starting December 21.</b>

Visit [www.achievesolutions.net/jhp](http://www.achievesolutions.net/jhp) to register for upcoming webinars and access archived webinar recordings.