

2023 Promo Calendar

January

Implementing change

Journey to self-improvement

Small changes to boost wellbeing

Featured flash course:

Change is constant

Quarterly poster:

Motivation

February

Everyday mindfulness

Simple mindfulness techniques

Practicing mindfulness in daily life

Featured flash course:

Challenging negative thoughts

Quarterly animated video:

Mindfulness

March

Maximizing productivity

Achieve more, do less

Time management tips: increasing productivity

Featured flash course:

Increasing productivity

April

Work-life balance

Finding balance

Prioritizing and organizing your time

Featured flash course:

Time management

Quarterly poster:

Resiliency

May

Starting your mental health journey

Boosting your mental health

How to take the first steps

Featured flash course:

When it's time to seek support

Quarterly animated video:

Navigator

June

Cultural competency

Cultivating an attitude of inclusion

Improve understanding of cultural differences

Featured flash course:

Improving cultural competency

July

Practicing gratitude

The attitude of gratitude
Appreciating the moment

Featured flash course:

Cultivating gratitude

Quarterly poster:

Positivity

August

Back to school

Reducing school year stress

Strategies for parents

Featured flash course:

Parenting stress

Quarterly animated video:

Back to school

September

Signs of suicide

Recognize the signs
Common indicators of suicidal ideation

Featured flash course:

Suicide awareness

October

Self-care

Self-care essentials
Learn the basics of self-care

Featured flash course:

Self-care 101

Quarterly poster:

Communication

November

Holiday budgeting

Creating a holiday budget
Financial tips for the holidays

Featured flash course:

Holiday budgeting

Quarterly animated video:

Holiday survival

December

Healthy relationships

Building healthy, happy connections
Tips on communication, boundaries and more

Featured flash course:

Healthy relationships