

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



NATIONAL FAMILY CARE GIVER MONTH

November

National Family Caregivers Month – celebrated each November -- is a time to recognize and honor family caregivers across the country. At National EAP, we salute the hard working women and men who spend their days assisting their loved ones without compensation or benefits. We recognize that a family caregiver's role can be extremely stressful and strongly suggest reaching out to National EAP if the strain becomes too difficult.

At National EAP we offer individual counseling and develop a support plan for employees who are taking care of a loved one at home. If you could benefit from assistance, call today!

CEO ROUNDTABLE: THE STATE OF OUR MENTAL HEALTH

November 11th, 2020 @ 12 pm

On *November 11th at 12pm*, National EAP is hosting a roundtable discussion featuring three prominent CEO's from frontline mental/behavioral health organizations in New York who have continued to provide critical mental health and substance abuse treatment services throughout this pandemic. Join us for an update on current health trends and trajectory, a review of resources that remain available during the pandemic and expert tips and strategies to overcome the challenges 2020 has presented.

Guest speakers are:

- Michael Stoltz, CEO of Association for Mental Health and Wellness
- Jeff Reynolds, CEO of Family and Children's Association
- Karen Boorstein, CEO of Family Service League
- Event will be moderated by Aoifa O'Donnell, CEO of National EAP, Inc.

To register, [click here](#)

Training Spotlight ***Resiliency for the Holiday Season***

This 60-minute CORE training recognizes that since the COVID-19 pandemic, our celebrations of holidays and special events have changed. Maintaining our wellness and managing our mindset are essential parts of holiday planning. This interactive course teaches participants:

- skills to manage stress and negative emotions
- strategies to celebrate the holidays safely and creatively
- the importance of creating a personal plan for their 2020 holiday season

To book a Holiday Wellness Training session for your organization, [click here](#)

QUEENS CHAMBER OF COMMERCE: EMPLOYEE MENTAL HEALTH

November 17th, 2020 @ 2 pm

On *November 17th*, our Director of EAP Services, Julie Prisco will be a featured speaker on the Queens Chamber of Commerce panel. This panel will provide the small business owner with tools to offer mental health assistance to support their staff and maintain their bottom line. Julie will be discussing various topics such as employees' mental health during COVID-19, the impact COVID-19 is having on businesses, driving individual and organizational resiliency and more.



For more information or to register for this event, [click here](#)

NATIONAL EAP PARTNERS WITH THE NESTING PLACE



National EAP is pleased to announce that we have partnered with *The Nesting Place*, a company that provides postpartum resources to new moms. The Nesting Place offers a Fourth Trimester Support Circle, a six-week in person or virtual group for moms with babies 0-5 months to help find support and connection during an often very lonely, isolating time.

Employers who wish to offer this as a part of their service package to employees can speak with Julie Prisco, Director of EAP Services at 1-800-624-2593 x 22 for more information.

For more information, [click here](#)

COVID-19 SUPPORT WEBINARS

Open Session: **Preparing to Celebrate the Holidays During a Pandemic**

Leadership Session: **Sustaining Employee Trust and Engagement**

National EAP continues to provide our clients and the public with COVID-19 Support webinars with two upcoming events. On *November 18th at 12 pm EST*, National EAP will host an all employee session, **Preparing to Celebrate The Holidays During a Pandemic**. Attendees of this live, interactive session will learn strategies to make the most of this unique holiday season and recognize the importance of maintaining personal wellness.

On *November 19th at 12 pm EST*, National EAP will host our next leadership webinar, **Sustaining Employee Trust and Engagement**. Maintaining positive relationships with employees is an essential task for managers. During this webinar, managers will learn tips and strategies to engage and revitalize their teams from National EAP's own leadership team. We encourage participants to bring their questions for the Q&A portion of the training.

To register for either of these webinars, [click here](#)

**WHATEVER YOU NEED, WE ARE
HERE TO HELP.**

Call or log on to get started.

TOLL-FREE: 1-800-624-2593

WEBSITE: www.nationaleap.com

USERNAME: Your Company Name

PASSWORD: Your Company Name