



2024 Promo Calendar

January

Healthy habits

Healthier, happier you

Simple habits worth adopting

Featured flash course:

Healthy living: Strategies to improve your overall wellbeing

Quarterly poster:

Self-care

February

Resiliency

Improving mental toughness

The power of perseverance

Featured flash course:

Building resilience

Quarterly animated video:

Self-guided digital therapy

March

Addiction awareness

Breaking the addiction stigma

Empowering conversations and compassion

Featured flash course:

Avoiding addiction

April

Empathy

Cultivating empathy

Boosting kindness and respect

Featured flash course:

Improving empathy

Quarterly poster:

Compassion fatigue

May

Mental health 101

What is mental health?

An introduction to understanding mental health

Featured flash course:

Mental health first aid basics

Quarterly animated video:

The importance of mental health

June

Understanding diversity

Recognizing and respecting differences

The value of diversity

Featured flash course:

An introduction to DEI

July

Workplace stress

Coping with stress at work

Helpful stress-reducing strategies

Featured flash course:

Work-life balance

Quarterly poster:

Burnout

August

School-life balance

Prioritizing family time

Finding quality time during the school year

Featured flash course:

School-life balance

Quarterly animated video:

Text therapy

September

Grief and loss

Coping with grief

Self-care during difficult times

Featured flash course:

Healing from grief

October

Depression

Navigating depression

Tips for managing depression

Featured flash course:

Understanding depression

Quarterly poster:

Gratitude

November

Holiday mental health

Managing holiday emotions

Strategies for staying calm

Featured flash course:

'Tis the season: How to survive the holidays

Quarterly animated video:

Holiday stress

December

Boundaries

Setting healthy boundaries

Learning to communicate your needs

Featured flash course:

Building better boundaries