

# 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