

2021 Wellness Calendar



January

- Non Smoking Week – January 17-23
- Bell Let's Talk Day – January 28

February

- Psychology Month
- Children's Mental Health Awareness Week – February 1-7

March

- Nutrition Month
- National Social Work Month
- Brain Awareness Week – March 11-18

April

- Substance Use Awareness Month
- World Health Day – April 7
- Every Kid Healthy Week – April 26-30

May

- National Child and Youth Mental Health Day – May 7
- Mental Health Week – May 3-9
- National Nursing Week – May 10-16

June

- National Safety Month
- Canadian Men's Health Week – June 14-20
- National Health and Fitness Day – June 5

July

- International Self-Care Day – July 24
- World Friendship Day – July 30

August

- National Health Centre Week – August 9-15
- International Youth Day – August 12

September

- World Suicide Prevention Day – September 10
- National Women's Health and Fitness Day – September 29

October

- Health Literacy Month
- Mental Illness Awareness Week – October 3-9
- World Mental Health Day – October 10

November

- National Family Caregiving Month
- National Child Day – November 20

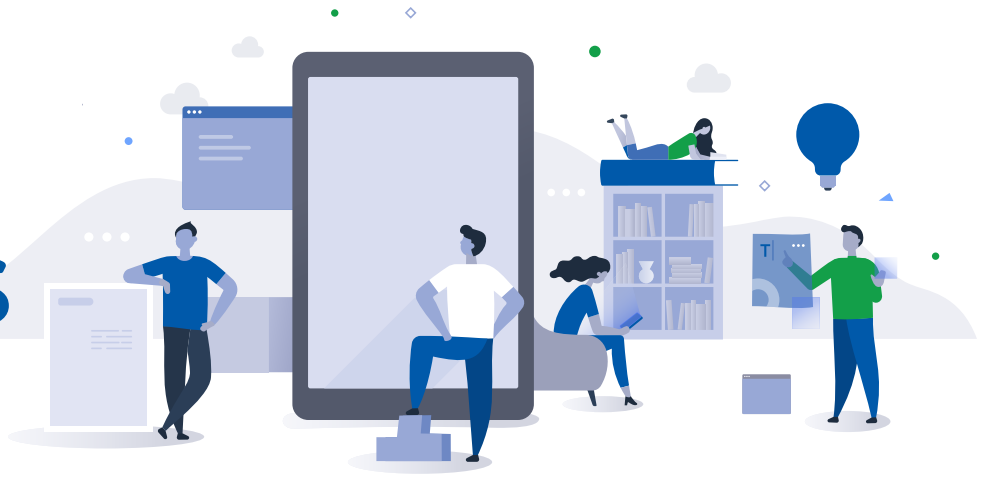
December

- National Handwashing Awareness Week – December 5-11
- International Volunteer Day – December 5

We are available 24 hours a day, 7 days a week by calling
1-800-661-8193 or visiting [humanacare.com/service-request](https://www.humanacare.com/service-request)
and filling in a service request.



2021 Webinars



January 13 LEADING DURING UNCERTAINTY

As the pandemic continues, and life is challenging, we will discuss key differences in effective leadership modalities.

February 10 HELPING STUDENTS TO THRIVE DURING THE “NEW NORMAL”

The pandemic, as well as other national events, have left college and university students with numerous challenges, and not living the carefree life they may have expected. We will discuss how you can help your student to get the most out of their educational and social experience, despite the challenges.

March 10 BIAS IS A FOUR LETTER WORD

We all have biases, but so often we don't even realize them. In this session we will explore the scientific nature of bias, and how to begin to consciously overcome your biases.

April 14 MANAGING YOUR TIME WHILE WORKING REMOTELY

Remote work is becoming the new normal, and projections are that it will continue long after COVID, but it does present some unique time management challenges. Join us to explore

May 12 THE ART OF ACTIVE LISTENING

We all “hear”, but often don't truly listen. In this session we will explore the differences and learn how to actively listen!

June 9 WHAT'S YOUR LEARNING STYLE

We all learn differently, but most of us are not aware of our most effective Learning Style – Join us to discover what your style might be, and how you can interact effectively with those of differing styles

HumanaCare offers a host of health and wellness information

through an online health portal giving you access to a collection of articles, videos, e-courses and assessments for personal development, monthly webinars, newsletters, tools to track personal goals and more. Visit our member portal at <https://humanacare.com/humanalife>. Be sure to sign up for our monthly live webinars and communications.

How to register

To begin receiving monthly invitations to our 2021 EFAP Webinar Series, please register your name and email with: www.humanacare.com/humanalife.

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