



Employee Assistance Program

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Mindful Moment

Mental Health Awareness Month - May 2021



Sharing your story can be helpful in your mental health journey. It is also a great way to let others know that they are not alone in their journey. The past is your story to tell, and the future is your story to write. Be kind and generous - your story is powerful.

Read and share your story here: <https://notalone.nami.org/>

If you need support to tell your story, C&FS EAP is available to support you and your household members, when you need it. Licensed Mental Health Counselors are available 24/7/365. So call now to learn more about how C&FS EAP can help you, or attend one of our live orientations to learn more about your benefit:

- [Click here](#) to register for our May 13, 2021 orientation at 10:00 a.m.
- [Click here](#) to register for our May 20, 2021 orientation at 10:00 a.m.

Join Us This Week for an EAP Complimentary Webinar

Everyday Leadership:

Thriving in Today's Changing World

May 13, 2021 at 12:00-12:45 - Open to ALL

[Click to Register for Everyday Leadership Webinar](#)

Presenter: Lindsey Zajac, Principal at Ahern, Murphy & Associates
Hosted by Megan Andrews, LCSW-R, C&FS EAP Assistant Director

When people think of leaders, they conjure up images of presidents, CEOs, or upper-level managers. There is a belief that only leaders lead, and the rest of us follow. But that is simply not the case. **Leadership is not a title, and we all find ourselves in leadership roles in our personal and professional lives, every day.** Everyday leadership is when someone takes intentional and daily action to foster connection and communication with others, while working together towards a shared purpose. Join Lindsey Zajac and Megan Andrews as they discuss everyday leadership in our changing world and address:

- What does everyday leadership look like at home and at work?
- What are the traits of extraordinary leadership?
- What has changed for leaders and what has stayed the same throughout the pandemic?
- Where do everyday leaders go from here?

[Contact C&FS EAP](#)

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Connect with us

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