Introducing 2021 Virtual IMPACT Sessions

Inspirational Meetings to Practice Actionable, Compassionate Teachings

Your AAH Employee Assistance Program (EAP) hosts weekly virtual educational sessions to connect and reinforce strategies useful in staying well. IMPACT sessions are confidential, voluntary, and open to everyone in your organization.

Purpose: Unique weekly topics selected to help recharge your wellbeing in the areas of resilience, work-life balance and self-care.

Who: Hosted by Advocate Aurora Employee Assistance Program (EAP); for all EAP-eligible employees

What: 10 Minutes: Education
10 Minutes: Helpful Strategies
10 Minutes: Question & Answer

Where: Virtual sessions held anonymously on Zoom (Passcode: 235255)
https://zoom.us/j/91023818315?pwd=MzFRQnBVd3JsRXNSV205U0hBeHpJQT09

When: Tuesdays, 12:30pm – 1:00pm CST
April 6th to December 28th 2021

Please Join Us!

IMPACT sessions are confidential, voluntary, and open to everyone at your organization!

If you have questions or would like additional information, please contact us via Email at EAP.LiveWellBeWell@aah.org or call 800.236.3231
Seek First to Understand

Difficult conversations that lead to connection

“If you’re like most people, you probably seek first to be understood; you want to get your point across. And in doing so, you may ignore the other person completely, pretend that you’re listening, selectively hear only certain parts of the conversation or attentively focus on only the words being said, but miss the meaning entirely.”

The 7 Habits of Highly Effective People- Dr. Stephen Covey

As we continue to navigate challenging times of a pandemic and social justice issues in our nation, it seems we are often confronted with noisy discussions, but little understanding or connection occurs. There are times when we are confronted with issues of race, injustice, or privilege. At other times, we are left speechless when our lives are touched by the grief of a friend or co-worker who experienced the loss of a loved one.

It’s natural to fear difficult conversations, but when we lean into that discomfort, we show how much we value the other person and wish to build trust and respect in that relationship. Remain open to these important conversations. Try not to speak of how others must be thinking or feeling. Instead, truly listen to the thoughts and feelings of others.

Be Courageous- Build Connection

- Listen from the heart
- Cultivate curiosity
- Negotiate the relationship with vulnerability
- Create belonging
- Speak up, stand up for, protect each other

If you would like additional support in navigating difficult conversations, please call AAH EAP at 800.236.3231.

Advocate Aurora EAP offers free, confidential assistance for you and your household family members.
June 2021

Connecting through Fun
The Power of Play

Summer is a time for fun and family! Summer also provides the opportunity to get involved in something new that can promote creativity, experience success, and strengthen family ties. Summertime activities can enhance ‘protective factors’ that may reduce risky behaviors and which may improve the chance of your child’s future school success and better emotional regulation.

Advocate Aurora Employee Assistance Program (EAP) offers help with:

**Summer childcare and summer camp searches.** We can locate options that are customized to meet each family’s need.

**Summer literature packets.** Parents can get tip sheets on topics such as ‘things to do as a family’ and information to plan ahead for the summer.

**Tutoring searches.** Our vendor will locate options to help boost a student’s performance OR so they can simply learn new things.

**College and Scholarship searches.** For teens who may want to begin college and scholarship exploration.

*These services are offered in partnership with our Work-Life Services vendor, FEI Behavioral Health.*

You can enter a childcare request online by [Clicking Here](#) or access other EAP online family resources by [Clicking Here](#).

If you find yourself in need of additional family supports, please call AAH EAP at **800.236.3231**.

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