

neelyeap

# EAP MENTAL HEALTH AWARENESS MONTH

## MAY VIRTUAL TRAINING EVENTS:

This May, in recognition of Mental Health Awareness Month, Neely EAP is offering a series of trainings to support you in your mental health journey.

Throughout the month, you're invited to attend live webinars designed to strengthen your mental, emotional, and personal well-being. Each session provides practical tools and meaningful insights to help you reconnect, reset, and thrive.

## DATES & REGISTRATION

### Art Therapy

Thursday May 7<sup>th</sup> @ 2pm  
([Click To Register](#))

### Navigating Menopause

Tuesday, May 12<sup>th</sup> @ 2pm  
([Click To Register](#))

### Generations in the Workplace

Thursday, May 14<sup>th</sup> @ 2pm  
([Click To Register](#))

### Boundaries Without Guilt

Thursday, May 21<sup>st</sup> @ 2pm  
([Click To Register](#))

### Power of Gardening

Thursday, May 28<sup>th</sup> @ 2pm  
([Click To Register](#))

