***JULY 2023 EAP PROMOTIONAL EMAIL***

Hello everyone – During the month of July, the following resources are offered by our [Washington State Employee Assistance Program (EAP)](https://www.des.wa.gov/services/employee-assistance-program) to support you and your family:

* [**EAP webinars**](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars)**: Learn about all that EAP offers, through a live 30-minute EAP Orientation webinar. Here are the July and August dates:**
  + [Wednesday, July 19th at 1:30–2:00 p.m.](https://des-wa.zoom.us/webinar/register/WN_-qQsjVQDSI6V_iL6CrC-EA)
  + [Wednesday, August 23rd at 2:30-3:00 p.m.](https://des-wa.zoom.us/webinar/register/WN_FkVtYXM8TBSTcRudlKFntA)

**Can’t make one of the live Orientation webinars? Watch** [on-demand](https://youtu.be/ifbbASbQmfU)**. In addition, EAP offers on-demand** [webinars](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars) **on a variety of subjects, including** [navigating change](https://youtu.be/6mLFJfSFXpE)**,** [leading change](https://www.youtube.com/watch?v=VD1at9n3f7k)**,** [stress management](https://youtu.be/SRXWUmHQhTc)**,** [creating psychological safety on work teams](https://www.youtube.com/watch?v=rxn3cJKZ6aQ)**, and** [more](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars)**.**

* In the July/August newsletters, EAP continues the five-part series that focuses on five workplace essentials [described by the U.S. Surgeon General](https://www.hhs.gov/sites/default/files/workplace-mental-health-well-being.pdf) for reimagining workplaces in the wake of the COVID-19 pandemic. The fifth and final workplace essential is “Opportunity for Growth”, which has three components: 1) Offer quality training, education, and mentoring; 2) foster clear, equitable pathways for career advancement; and 3) ensure relevant, reciprocal feedback. Each newsletter further illuminates this essential as follows:
* The [Employee Newsletter](https://content.govdelivery.com/accounts/WADES/bulletins/363b68e) offers learning opportunities available through DES Training, in areas such as communications, customer service, information technology, project management, and more.
* The [Supervisor Newsletter](https://content.govdelivery.com/accounts/WADES/bulletins/363b5ea) describes the three components of this essential in depth and recommends a number of approaches to promote and foster opportunities for growth in the workplace.
* In July, the [**EAP Work/Life site**](https://www.advantageengagement.com/1669/login_company.php) offers tools and resources to help you learn how to **overcome parental guilt**, supporting you to face and release self-doubt and tackle the inevitable challenges that are part of parenting**.** This month’s on-demand seminar, “**Am I a Good Parent?**”, is available beginning Tuesday, 7/18. [Access the Work/Life site](https://www.advantageengagement.com/1669/login_company.php) by logging in with your Organization Code, **<ASD>.**

And if you’re struggling, or looking for some support or useful resources, our [EAP](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/employees) is here for you: don’t hesitate to reach out at [1-877-313-4455](tel:877-313-4455) or [online](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/employees#Counseling).

The letters "eap" are below a radiating sun which contains a person with upraised arms