



# Better Together

## EAP Partner Bulletin\*



2025 | Q4

### Upcoming Live EAP Trainings

|                        |   |                  |                          |
|------------------------|---|------------------|--------------------------|
| <b>Thursday, 11/6</b>  | Communication Skills to Help Navigate the Holidays  | 12:30–1:00 PM ET | <a href="#">Register</a> |
| <b>Thursday, 11/20</b> | Carving Out Time for Yourself During the Holidays: Self-Care Tips for Emotional and Physical Well-Being | 12:30–1:00 PM ET | <a href="#">Register</a> |

### November Talkspace Training

|                        |                                 |                   |                          |
|------------------------|---------------------------------|-------------------|--------------------------|
| <b>Thursday, 11/13</b> | Finding your Sense of Belonging | 3:30 – 4:30 PM ET | <a href="#">Register</a> |
|------------------------|---------------------------------|-------------------|--------------------------|

### December Mindful Mondays

Join your EAP for Mindful Monday Meditation in December! Mindfulness practices have many benefits, including reducing stress, boosting mood, focus and resilience. These short sessions will help set a positive tone for your week. Participants will be guided through a different practice each week.

|                      |                           |                   |                          |
|----------------------|---------------------------|-------------------|--------------------------|
| <b>Monday, 12/1</b>  | Mindful Monday Meditation | 12:30–12:45 PM ET | <a href="#">Register</a> |
| <b>Monday, 12/8</b>  | Mindful Monday Meditation | 12:30–12:45 PM ET | <a href="#">Register</a> |
| <b>Monday, 12/15</b> | Mindful Monday Meditation | 12:30–12:45 PM ET | <a href="#">Register</a> |

### ★ EAP Highlight

#### Preparing for the Holidays

- **Looking for the perfect gift for the hard to buy person on your list?** Why not purchase discounted gift cards from your EAP through your Lifestyle Savings Benefit?
- **Feeling lucky?** Each month you can enter to win different prizes such as movie passes, gift cards to Macy’s, Sephora and more. The prizes change every month and you can enter once a day to increase your chances of winning!

It’s easy to access these discounts and savings by logging into the EAP website and clicking on the **Lifestyle Savings Benefit** tile. [Click here](#) to view the flyer.

### Feeling Stressed During the Holidays?

The holiday season can cause stress and anxiety for many of us. The EAP is a valuable resource to reach out to for support. Below is a link to our flyer to help offer support to those in need. Please share with your staff.

- [Your EAP Can Help with The Holidays](#)

### Monthly Observances – EAP Resources

- **October | Breast Cancer Awareness:** [Breast Cancer Resources](#)
- **November | National Family Caregivers:** [Stress Relief for Caregivers Webinar](#)
- **December | Seasonal Affective Disorder:** [Seasonal Depression Awareness Resources](#)  
From Comprehensive Training Library: Seasonal Affective Disorder (SAD): [SVL\\_1020295](#)

### Featured Monthly Webinar

Log in to [www.theEAP.com](http://www.theEAP.com). Check out these topics designed to improve your mental health and wellbeing!



|                 |   |
|-----------------|---|
| <b>October</b>  | Your Elder Loved One’s Desire: Live Independently |
| <b>November</b> | Mindful Eating                                    |
| <b>December</b> | Family Ties                                       |

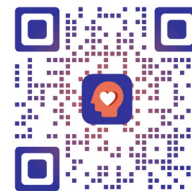


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800-252-4555 | [www.theEAP.com](http://www.theEAP.com)



Explore More of Your Employee Benefits



Download Talkspace Go for iPhone or Android

## Explore On-Demand, Therapist Led Classes on the Talkspace Go App

**Don't yet have the app?** Learn how to access it [here](#). Once you are registered, select **“Explore”** and **“On-Demand Classes”** (orange box).

### ✔ Health & Self-Care

- What is My Body Telling Me?
- Strengthening Positive Self Talk
- Building Intuitive Eating Skills
- Making Peace with Your Body and Food
- Navigating Work and Chronic Illness

### ✔ Emotions

- Making Mindfulness Easy
- Learning Your Emotional Limits
- Supporting Your Kid with Social Anxiety
- Coping with Loneliness

### ✔ Couples

- For Couples: Managing Family Conflict During the Holidays

### ✔ Substance Use

- Building Your Sobriety Toolkit

### ✔ Depression

- Unpacking the Cause of Your Depression
- Early Warning Signs of Mental Illness in Youth
- Finding Your Sense of Belonging
- Caring for Kid with Depression



## EAP Collaboration Corner

*Big thanks to our partner at Hakes Brothers for sharing a great EAP best practice!*

Check out below how they spotlight the EAP on their intranet.

*Got a creative way to promote the EAP?*

Send it to your EAP Account Executive—you might be featured in an upcoming edition of the Better Together bulletin!



TotalCare EAP  
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### Welcome to the HR department!

At Hakes Brothers, our HR team is dedicated to supporting our employees and fostering a positive, productive workplace. We handle everything from recruitment to benefits and performance management.

Need assistance? Whether you have questions about policies or benefits, we're here to help! Explore this page or reach out to us anytime.

### Learn more:

- About Hakes Brothers
- Mission, Vision & Core Values
- Employee Handbook



August EAP Webinars

### Employee Engagement Survey

We value your feedback. Check your email and take the Employee Engagement Survey today!



- Daily Practices to Improve Your Wellbeing
- E-Verify Right to Work Poster
- E-Verify Participation Poster



August EAP Newsletter