

Pass it... pass this on! As the primary contact at your company, we rely on you to share this information with your colleagues. When you forward this email - you are empowering the individuals in your company to use the many resources available to them through EFR's Employee Assistance Program.



Focus on Being Present with the Monthly Motivator



Reset and Refresh
As the summer winds down, it's a good time to reset your routine. Whether you need to get back to regular sleep times or want to get back to meal planning, our checklist can help you out!

[Download this month's Monthly Motivator](#)

[Click here to download in Spanish](#)

Stay Connected with our Blog and Podcast

We're here to help you overcome life's challenges and achieve your full potential. Whether you're taking the first steps or already making strides, we have a [digital content hub](#) filled with expert podcasts, blogs, and webinars designed to inform, assist, and inspire you on your way to greater well-being.

August Blog



World Cancer Support Month: Small Choices Can Make a Big Difference

Every August, World Cancer Support Month reminds us that cancer touches nearly every family in some way. Whether you've been diagnosed yourself, cared for a loved one, or simply want to reduce your own risk, this month is an opportunity to learn, support one another, and take positive steps toward better health. [Read more.](#)

August Podcast

Family, Leadership, and Service

In this episode of Emotion Well, our host, Johanna Dunleavy speaks with her colleague, Rachel Burnett, EFR's Community-Based Services Manager. Rachel discusses becoming the legal guardian of her younger sister, preparing for motherhood, and how her life experiences have influenced her approach to leadership. [Listen here.](#)



Webinars



Everything Starts with Ownership

With Ernest Phillips
September 22, 2026 at 10 AM CDT

[Register now](#) for this webinar with Ernest Phillips as he explores what ownership truly means and how it is the source of your greatest power. If you are looking to better your relationship, set strong boundaries, or improve your work performance, taking ownership is at the root of it all.

Regulate and Restore

Did you miss our July webinar with Kara White Behr? [Click here](#) to watch the recording. If you are just starting a meditation practice, or you are an experienced practitioner, join us for this one hour interactive webinar where you will receive practical, evidence-informed tools to cultivate mindfulness and support nervous system regulation.



Monthly Benefit Spotlight

Financial Consultation

Support for you in your search for reliable care options

Searching for reliable childcare or eldercare services can be overwhelming and time-consuming. EFR's Child and Eldercare Resources can help.

Our child care resources can help guide you to vetted daycare providers, after-school programs, or special needs care for children. Our eldercare resources are designed to reduce the burden on you as you seek care for your loved one. Call [800-327-4664](tel:800-327-4664) to schedule your consultation.

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us to use your benefits by calling [800-327-4664](tel:800-327-4664) or explore your [EAP benefits](#) on our website.

Explore your benefits

Your inbox isn't the only place to find us...follow us today!



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