

STRENGTHEN ME

Greetings!

StrengthenME, a program from the Maine Office of Behavioral Health, is continuing a half-hour workplace support series for DHHS employees seeking to manage their health & well-being. The purpose of these half-hour sessions is to provide regular wellness, stress management, and resiliency-building practice opportunities and resources. Below is a schedule for the next extension of sessions. We will be offering each topic once per week on Wednesdays from 12:00pm to 12:30pm.

[Register here.](#)

Topic:	Dates:
Finding Motivation	June 2
How to have Difficult Conversations	June 9
Happiness	June 16
Maximizing Focus at Work	June 23
Intentional Choice: How living through a pandemic may influence our decisions	June 30

All sessions will be facilitated by Work Force EAP & Training staff, as part of the StrengthenME program. If you have any questions, please email StrengthenME@northernlight.org.