

[View this email in your browser](#)



EAP Newsletter | March 2026



Helpful insights: This month's reading

EMPLOYEE ARTICLE

Social Media 101 For Parents

Tips on helping your child use social media safely and appropriately.



Access the article:

[English version](#) | [Spanish version](#)

SUPERVISOR ARTICLE

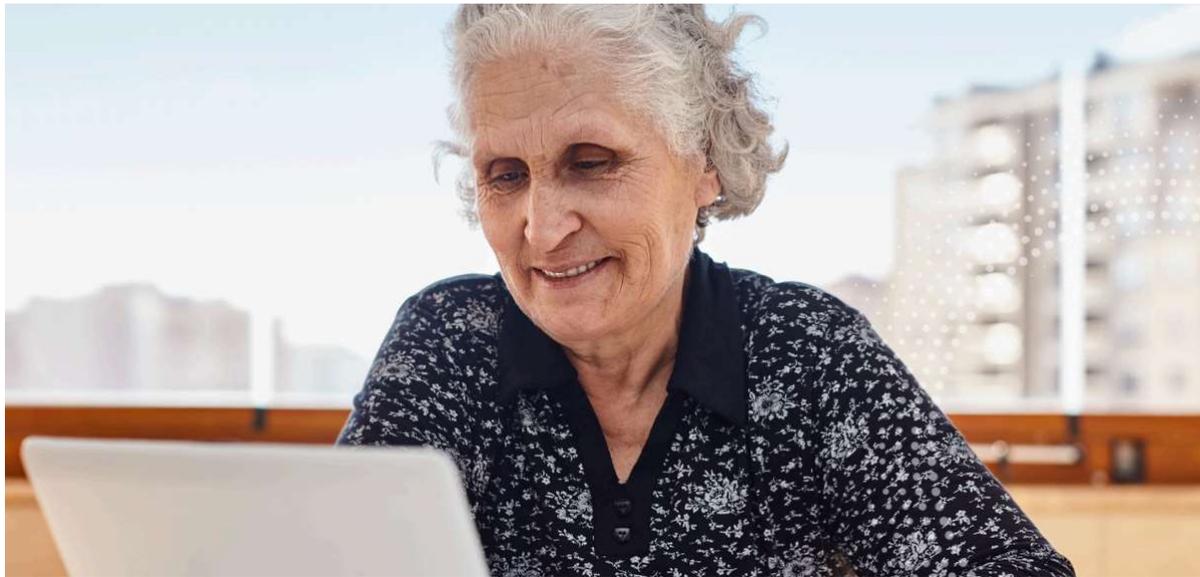
Keeping Your Employees Informed About Key Issues

Communication is a key element to successful organizations.



Access the article:

[English version](#) | [Spanish version](#)



Webinar hub: Learn from experts

FEATURED WEBINAR

Focusing on things that matter

Get inspired by these seven practical strategies designed to help you prioritize attaining that next bucket list item.



Webinar link - [Featured this month](#)

WORK/LIFE WEBINARS

Advantage Home Plus

Register for upcoming webinars. On the linked webpage, wait for content to load and scroll down for future dates.



Registration link - [Home ownership](#)

ACCESSING WEBINARS

Go to FirstChoiceEAP.com/members, select the EAP Website button, and enter your company's Username on the next page. Click on the Webinars link to view 2026's webinars and all archived webinars.

If you don't know your username, give us a call at 800-777-4114.



Well-being support: Resources section

FINANCIAL WELLNESS

My Secure Advantage (MSA)

As an EAP financial resource partner, MSA offers free support, including checkups, videos, financial calculators, and coaching.



Get help working toward financial well-being goals - [MSA Website](#)

2025 TAX SUPPORT

Help available to you

FCH EAP offers resources to assist in your financial wellness journey. Learn more with the linked information below.



[Assisted tax prep](#) | [DIY tax prep](#)
[Money coach](#) | [Big Beautiful Bill Act](#)



FOLLOW US ON LINKEDIN

Get updates

See the latest FCH news on our LinkedIn page - connect with us



VISIT OUR WEBSITE

Employee Assistance Program

Free, confidential, with 24/7 access
 Visit our member services page

Copyright © 2026 First Choice Health, All rights reserved.

Want to change how you receive these emails?
 You can update your preferences or unsubscribe from this list.

