



Helpful insights: This month's reading

EMPLOYEE ARTICLE

Investing in personal growth: The power of self-discovery

By Heather Pincelli, LMHC

Clinical Account Executive | FCH EAP



Access the article:

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

SUPERVISOR ARTICLE

Personal growth: A starting point for great leadership

By Heather Pincelli, LMHC

Clinical Account Executive | FCH EAP



Access the article:

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



Webinar hub: Learn from experts

FEATURED WEBINAR

Eat your way to better health

This session will empower you with resources and information to help you lead a long, healthy life.



Webinar link - [Featured this month](#)

WORK/LIFE WEBINARS

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Register for upcoming webinars. On the linked webpage, scroll down for future dates.



Registration link - [Home ownership](#)

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Go to [FirstChoiceEAP.com](https://www.firstchoiceeap.com) and enter your company's Username. 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 highlight

FINANCIAL WELLNESS

My Secure Advantage (MSA)

As an EAP financial resource partner, MSA offers free financial 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.

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



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