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EAP Newsletter | July 2026



HELPFUL INSIGHTS

This Month's Reading



Employee Article

Intentionally Finding Joy

Access the article:

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



Supervisor Article

Workplace Dynamics

Access the article:

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



WEBINAR HUB

Learn From Experts



Featured Webinar

Downsizing your home and belongings

[Webinar Access Link](#)



Work & Life Webinars

Select links to register.

[Homebuying & Financing - 7/14](#)

[Home Equity Properties - 7/15](#)

[Maximize Your Home Sale - 7/16](#)

To access webinars, enter your company's username in the box under "Website Login."

If you don't know your username, contact your HR staff or call FCH EAP at 800-777-4114.



RESOURCES HIGHLIGHT

Well-Being Support

Maintaining Grocery Spend

Tips from your FCH EAP on practical ways to save money in today's economy.



[Download the Flyer Here](#)

Building Your Retirement

My Secure Advantage (MSA) helps you find a clearer vision for your future financial stages.



[Download the Flyer Here](#)

Talkspace Mental Health



BIPOC Mental Health Awareness Month

Learn the importance of culturally competent mental health care and mental well-being through the lens of identity, race, and culture.



[Talkspace Flyer](#)



UPDATES FROM First Choice Health

FCH is Going Green

To increase our sustainability, we are moving from print to digital resources. Our focus remains on providing the highest levels of service and support during this transition.



[More About FCH Paperless Here](#)

Reach out to your EAP Clinical Account Executive with questions.



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Employee Assistance Program

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