



January: Assess

Happening this month (Click below to learn more)

- [Bell Lets Talk, January 25th](#)

This is the start of a whole new year. A time to look forward and envision where you want to be in the future, where you want to grow and what you need to improve. It's important to take some time this month to seriously consider what you can work on this year, set clear goals for yourself and prepare to celebrate wins along the way. We have put together a ton of resources, webinars and wellness series on Cyno this month to help set you up for a successful year.

Here are some resources, services and events happening this month to help you assess your needs and prepare for the future:

Sharable Resources

- [Blog: 5 Habits for Holistic Health](#)
- [Blog: How to Form Lasting Habits](#)
- [Blog: Inspired Goal Setting and Achievable Dreams](#)
- [Blog: 14 Tips to Living Happy & Healthy](#)
- [Blog: Resolutions for Life: Committing to Your Future](#)

Work In Progress: Overcoming Substance Use, 1:30pm EST Jan 10th

- [An honest and candid conversation with someone who has faced the obstacle of substance use and how they reinvented themselves!](#)

New Year, New You: Cyno Wellness Kickstart Series!

- [Weekly, reoccurring series across multiple disciplines so that you can work on whatever you set out to this year. Click here to learn more!](#)

Suggested Services (Click below to learn more!)



[Life Coaching - Focusing on stress management, core values and beliefs, relationships and communication](#)



[Career/Life Coaching - Focusing on employment demands, loss of work, and educational/career exploration](#)

February: Accept, Fostering a Culture of Wellness

Happening this month (Click below to learn more)

- [Black History Month](#)
- [Pink Shirt Day, Feb 22nd](#)

It's important to take time and look at not only yourself, but the environment you're in as well. How can we promote a healthier, happier, more enjoyable work experience together? What are the steps you can take as an individual to encourage it? This month we want employees, HR teams and company leaders alike to think about how they can contribute to a better work environment to all.

Here are some resources, services and events happening this month to help you foster a culture of wellness in your organization:

Sharable Resources

- [Blog: Enhancing Psychological Safety at Work](#)
- [Blog: Being Comfortable In Your Own Skin](#)
- [Blog: Fostering a Culture of Wellness](#)
- [Blog: Understanding How Others Feel Emotion](#)
- [Graphic: Don't Redact How You're Really Feeling](#)

2023 Financial Wellness Kickstart, Feb 1st @ 7pm EST

- [Sign up to make sure you're set up for financial success this year!](#)

Psychological Safety & Team Effectiveness, Feb 21st @ 6pm EST

- [Learn how to make your workplace a safe place to share your thoughts and feelings, with leadership expert Lesley Parrott!](#)

**BLACK
HISTORY
MONTH**

TRIVIA



**FEB 15TH
12PM EST**

Save Your Spot! >



March: Nutrition Is Necessary!

Happening this month (Click below to learn more)

- [Nutrition Month](#)
- [International Women's Day, Mar 8th](#) • [World Sleep Day, Mar 17th](#)

This month we focus on the foundation of all health and wellness, nutrition. Without it, it makes every other aspect of your health more difficult to improve. Your nutrition impacts your physical health just as much as it impacts your mental health, yet it is often a forgotten aspect of peoples wellness journey

We want you to be more conscious of your nutrition and take time to consider some of the small changes you can make to set yourself up for success!

Sharable Resources

- [Blog: How Food Impacts Your Sleep](#)
- [Blog: 16 Tips For Better Sleep](#)
- [Blog: 5 Quick & Healthy Lunch Ideas!](#)
- [Blog: Food's Impact On Mental Health](#)
- [Cookbook: Provider's Favourite Dishes & Treats](#)

Group Cooking Class: Tuesday's @ 5pm EST

- [Cook a tasty meal alongside nutrition expert Darlene Calderone!](#)

#EmbraceEquity - Abandon The Motherhood Penalty

March 8th @ 6:00pm EST

- [Learn how mothers can proactively deflect the Motherhood Penalty and how employers can remove organizational barriers.](#)

INTERNATIONAL
WOMEN'S
DAY



#EMBRACE
EQUITY



MARCH 8TH
6:00PM EST

Save Your Spot! ➤

April: DEI Month

Happening this month (Click below to learn more)

- [Celebrate Diversity Month](#)
- [World Autism Month](#)

It's important to take time and look at not only yourself, but the environment you're in as well. How can we promote a healthier, happier, more enjoyable work experience together? What are the steps you can take as an individual to encourage it?

This month we want employees, HR teams and company leaders alike to think about how they can contribute to a more inclusive and equitable work environment for all.

Sharable Resources

- [Blog: From Bystander to Upstander](#)
- [Blog: The Value of Diversity, Equity & Inclusion](#)
- [Blog: 5 Tips for Fostering Workplace Inclusion](#)
- [Blog: ASD & The Benefits of Music](#)
- [Graphic: Diversity & Inclusion Terminology](#)

DEI Group Series: Inclusive Leadership with Lesley Parrott

- [Gain a better understanding of how you can improve and tactical ways to drive change at the organizational level!](#)

A Conversation with DEI Expert, Aimee Sheppard

April 25th @ 1pm EST

- [Learn how to prioritize DEI initiatives, overcome barriers, and best DEI practices to create a more inclusive and equitable workplace.](#)

DEI MONTH: PROVIDER HIGHLIGHT



Darbie Marbach
PT for Individuals
with Autism



Lesley Parrott
Interrupting
Sexism



Fatima Awada
Counselling

and more!

JAN**ASSESS** | THEMES: GOAL SETTING, HABIT SETTING, OVERCOMING ADDICTION

- To start the year, we use this month as time to assess our needs and set goals for the year

FEB**ACCEPT** | THEMES: TACKLING THE STIGMA, PSYCHOLOGICAL SAFETY, GROWTH

- Understanding that everyone can use some support helps overcome the stigma around asking for help and encourages us to grow

MAR**NECESSARY NUTRITION** | THEMES: FOOD AS FUEL, DIET & MENTAL HEALTH

- The body relies on food as fuel to perform every function, it's important we understand nutrition's role in our overall wellbeing

APR**FOSTERING AN INCLUSIVE WORKPLACE** | THEMES: DEI, BYSTANDAR VS UPSTANDING, TEAMWORK

- Helping provide your people with the information needed to advocate for diversity, equity and inclusion within your team

MAY**HAPPY AT HOME** | THEMES: WORK/LIFE BALANCE, HEALTHY HABITS

- Understanding the importance of work/life balance while working remote and easy steps we can all take to excel at home

JUN**HEALTH & FITNESS** | THEMES: IMPORTANCE OF MOVEMENT, IMPACT OF PHYSICAL HEALTH ON MENTAL HEALTH

- This month focuses on the power of movement and how it is necessary for both your physical and mental health

JUL**GET UP, GET OUT** | THEMES: PHYSIOLOGICAL IMPACTS OF NATURE, SELF CARE

- This month we explain the benefits of getting outside, staying active, understanding your needs and making time for yourself

AUG**PERSONAL DEVELOPMENT** | THEMES: COACHING, NEW SKILLS, HAPPINESS

- There is more to wellness than just your health. Whether you want career coaching or a ukulele lesson, focus on what makes you happy

SEP**SLEEP & SOCIAL WELLNESS** | THEMES: SLEEP HABITS, IMPORTANCE OF STAYING SOCIAL THROUGH THE WINTER

- The importance of maintaining a healthy sleep cycle as the seasons change and staying social through the fall and winter months.

OCT**MENTAL HEALTH MONTH** | THEMES: STIGMA, BURN OUT, BOUNDARY SETTING

- This month allows us to take time and be more cognizant of how we are doing and how those around us may be doing as well

NOV**FISCALLY FIT** | THEMES: FINANCIAL LITERACY, BUDGETING, INVESTING

- Financial problems can cause a massive amount of stress for your people. We give them the education necessary to be fiscally fit

DEC**REFLECT** | THEMES: ACKNOWLEDGING PROGRESS, RESOLUTIONS, HAPPY HOLIDAYS

- We take this last month of the year to look back on our wins, analyze our losses, make resolutions and enjoy the holidays