

2013 Monthly Topic Letters

Each month we send an informational topic letter to our customers to share with their employees.

These topics were selected for this year; however, MHNet has a wide variety of articles focusing on additional topics impacting both employer and employee.

Please contact us if you would like to view other articles.

Other related articles also are available online.

www.mhneteap.com

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January:	10 Facts about Your EAP
February:	Budgeting and Keeping Organized
March:	Helping a Substance Abuser
April:	Talking with Your Teens
May:	Positive Attitude
June:	Nurturing Your Relationships
July:	Aging Successfully
August:	Back to School!
September:	Bullying
October:	Simple Stress Relief
November:	Do You Shop Too Much?
December:	Blended Families and the Holiday