



June 2025 EAP PROMOTIONAL EMAIL

Hello everyone – As June begins, our [Washington State Employee Assistance Program \(EAP\)](#) is offering the following resources to support you and your family.

New EAP Website

During May, the EAP launched [a new website](#), to make it easier for you to find and connect with the resources that will support you best. Some highlights include:

- Clean, intuitive navigation to make it easy to find what you're looking for.
- Updated and simplified content to make information clear.
- An expanded [resource library](#) with articles, videos, trusted sources, and helplines.
- A welcoming design that evokes calm and warmth.

Take a moment to check out the new [EAP.wa.gov](#)!

Events and Webinars

The Washington State EAP is excited to share our expanded roster of *live* [events and webinars](#). We hope that you will be able to join us for the following events:

- Join us for **Wellness Wednesdays -- every Wednesday from 12noon to 12:30 pm.**

June Wellness Wednesdays: Honoring Identity, Care, and Connection

This June, we celebrate the power of identity, inclusion, and care in all its forms. In recognition of Pride Month, Juneteenth, and the Global Day of Parents, this month's Wellness Wednesday series explores how our roles, histories, and relationships shape mental and emotional well-being. From

acknowledging invisible labor to celebrating chosen family and cultural resilience, each session offers space to reflect, connect, and care for yourself and your community.

Join us as we honor the people and stories that support our growth and learn practical ways to center your well-being along the way.

Join us every Wednesday in June at noon! Register: [HERE](#)

- **June 4, 2025: The Many Faces of Care: Recognizing and Valuing Invisible Labor**
Care takes many forms: parenting, emotional support, mentoring, advocacy, and often goes unseen. In this session, we'll explore how caregiving manifests in both personal and professional roles, its impact on our well-being, and how we can establish boundaries and ask for support without guilt.
- **June 11, 2025: Pride and Presence: Cultivating Confidence in Your Identity**
Being seen and heard for who you truly are can be empowering and vulnerable. This session highlights the importance of self-acceptance, visibility, and belonging, whether in the workplace, at home, or in the community. Learn strategies to show up authentically, set boundaries, and foster inclusion for yourself and others.
- **June 18, 2025: Chosen Family, Real Support: Building Community That Nourishes You**
Family isn't always about blood. It's about trust, care, and showing up. This session explores the emotional power of chosen family and how community care strengthens resilience. Learn how to identify your support system and foster reciprocal, emotionally safe relationships.
- **June 25, 2025: Healing, History, and Hope: Honoring Juneteenth Through Reflection and Wellness**
Juneteenth is both a historical milestone and a modern call to action. In this session, we reflect on the emotional impact of cultural memory, explore how personal and collective healing intersect, and share ways to honor Juneteenth thoughtfully—with rest, reflection, and resilience.

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- [**The Art of Assertiveness and Confidence**](#)

Being confident and assertive isn't about being the loudest voice in the room—it's about expressing yourself clearly and respectfully while maintaining positive relationships. This session helps participants develop assertive communication skills, build self-confidence, and navigate difficult conversations with poise. Learn how to balance assertiveness with empathy, practice "I" statements and active listening techniques, and apply real-world strategies for setting boundaries and advocating for yourself.

Monday, June 16, 2025, 2:00 pm.

- [**How to Overcome Obstacles at Work with Resilience: A 30-Minute Micro-Session on Practical Resilience**](#)

We've all been there. In this quick and engaging session, you'll pick up practical tools to stay calm under pressure, manage emotional reactions, and bounce back when things don't go as planned. Join us to build your resilience toolkit—and leave feeling a little more grounded, no matter what the workday throws your way.

Thursday, June 26, 2025, 10:00 am.

Can't attend the live June webinars? Check out [future dates](#).

In addition, EAP offers [on-demand webinars](#) on a variety of subjects, which can be found in our new [Resource Library](#)!

Work/Life

In June, the [EAP Work/Life site](#) is offering tools and resources to help you learn more about **how to age with grace**: the increased importance of taking good care of your health and improving your wellbeing by building simple changes into your daily routine. Get started by viewing this month's on-demand seminar, "**Thriving at Any Age: A Guide to Healthy Aging**" – it's available beginning **Tuesday, June 17th** through the [Work/Life site](#): just log in with your Work/Life Access Code, **EWU**.

Monthly Resources for June 2025 --

Celebrating Pride, Juneteenth, and the Global Day of Parents

As we move into June, we take this opportunity to celebrate the vibrant diversity that makes our communities strong. This month, we reflect on the importance of Pride, Juneteenth, and the Global Day of Parents, recognizing the pivotal roles these observances play in our shared history and present-day lives. We also honor the many ways caregiving, chosen family, and love show up in our world. Let's join together to celebrate these moments of connection, strength, and growth.

Celebrating Pride & LGBTQ+ History

June is LGBTQ+ Pride Month, a time to honor the ongoing fight for equality, inclusion, and visibility for the LGBTQ+ community. This month, we celebrate how far we've come and acknowledge the work that still lies ahead.

The first use of the rainbow LGBTQ+ Pride Flag on June 25th is a powerful symbol of resilience and unity. As we reflect on its history, we also recognize the importance of being allies to the LGBTQ+ community. Whether it's in the workplace, with friends, or in our broader communities, there are endless ways to show support for LGBTQ+ rights and inclusion.

Learn More and Get Involved:

[Being an LGBTQ+ Ally – Human Rights Campaign](#)

[Guide to Being an Ally to Transgender and Nonbinary Young People – The Trevor Project](#)

[Guide to Being a Straight Ally – PFLAG](#)

Juneteenth: A Time for Reflection and Celebration

Juneteenth, celebrated on June 19th, is the oldest national celebration of the ending of slavery in the United States. The day marks the announcement of freedom for enslaved African Americans in Texas on June 19, 1865, more than two years after the Emancipation Proclamation was signed. As we observe Juneteenth, we recognize the significance of freedom, education, and justice. This is a day to celebrate Black culture, history, and contributions. It's also a moment to reflect on the work that still needs to be done toward racial equality and social justice.

Learn More and Get Involved:

[The Historical Legacy of Juneteenth – Smithsonian National Museum of African American History and](#)

[Culture](#)

[Juneteenth: The Complicated History, Significance, and Celebration – University of South Florida](#)

[Juneteenth: A Celebration of Freedom – Texas State Historical Association](#)

Global Day of Parents: Honoring Caregivers

June 1st marks the Global Day of Parents, a day to honor the immeasurable contributions of parents and caregivers worldwide. Parents, whether biological or chosen, provide unwavering love, support, and care for individuals across generations. This day serves as a reminder to appreciate all those who serve in a caregiving role.

Caregiving can take many forms, from parents raising children to individuals caring for elderly relatives or friends. No matter the form it takes, caregiving requires immense dedication and sacrifice. On this day, we encourage everyone to recognize the caregivers in their lives and express gratitude for the invaluable work they do.

Learn More and Get Involved:

[Global Day of Parents – United Nations](#)

[Global Day of Parents – Twinkl](#)

[Global Day of Parents – National Today](#)

Spotlight on Chosen Family

Our chosen families are the people we choose to surround ourselves with, those who love and support us unconditionally, regardless of biological ties. Whether friends, mentors, or community members, chosen families provide us with strength, security, and love.

This month, let's take a moment to appreciate those who have become our chosen family and who offer their unwavering support. Whether through shared experiences, offering guidance, or simply being there during tough times, chosen families are a vital part of our emotional well-being.

Learn More and Get Involved:

[Preparing for Parenthood: Finding and Forming a Chosen Family – Family Equality](#)

[The Importance of Chosen Family in the LGBTQ Community – MyTherapyNYC](#)

[The Power of Chosen Family, and How to Find It – Prairie Care](#)

This June, let's take time to reflect on the many ways Pride, Juneteenth, caregiving, and chosen family shape our lives. Let's commit to supporting one another, celebrating our differences, and building stronger communities that celebrate love, equity, and justice.

- How will you celebrate this month? We encourage you to get involved in events, read, reflect, and take action in your community. Let's all make this June one to remember by embracing inclusivity, love, and respect for all.

Need support? The Washington State EAP is here for you. Visit eap.wa.gov for confidential counseling, webinars, and tools to help you build confidence, set healthy boundaries, and navigate life with greater self-assurance.

Wishing you a June filled with love, pride, powerful growth, and lasting connections!

[Articles and Other Resources](#)

At Work – Building Better Workplaces

- [Research: What Effective Allies Do Differently at Work](#)
- [Coming Out at Work](#)
- [Equality Rising: LGBTQ+ Workers and the Road Ahead](#)
- [Be a Better LGBTQ+ Ally in the Workplace](#)
- [You Are Probably Wildly Underestimating How Many Americans Support DEI Initiatives](#)
- [How to Stand Up When It Comes to Diversity, Equity, and Inclusion](#)
- [Quiz: Do Employees in Your Organization Feel a Sense of Belonging?](#)
- [How to Create a Sense of Belonging in the Workplace](#)
- [On-demand Webinar: Leading with Inclusion and Belonging in the Workplace](#)
- [For Educators: Supporting LGBTQ+ Students in the Classroom and Online](#)
- [For College Administrators: A Guide to Supporting LGBTQ+ Students in Uncertain Times](#)
- [Working Parents](#)
- [How to Support Working Parents, Caregivers, and Leadership](#)
- [4 Things Leaders Need to Know to Support Working Moms](#)

Juneteenth and Related Resources

- [The Historical Legacy of Juneteenth – Smithsonian National Museum of African American History and Culture](#)
- [A Nation's Story: "What to the Slave is the 4th of July?" by Frederick Douglass](#)
- [How to Celebrate Juneteenth](#)
- [Black Joy: Resistance, Resilience, and Reclamation](#)
- [Reads for Juneteenth](#)
- [Understanding Our Past and Facing Our Future During Civic Season \(Juneteenth through July 4th\)](#)
- [How Structural Racism Shapes Black Americans' Sense of Self](#)
- [Racial Socialization: Building Resilience in Black Youth](#)
- [Black Mental Health: What You Need to Know](#)
- [For Black Women: Self-Care School - A 10-Week Walking Classroom Teaching the Self-Care Strategies of Our Ancestors](#)
- [Nurturing Your Spirit](#)

LGBTQ+ Pride Month and Related Resources

- [About Pride Month – Library of Congress](#)
- [Coming Out Guides](#)
- [The Journey of Self-Acceptance: Understanding and Overcoming Internalized Homophobia](#)
- [For LGBTQ+ Young People: Finding Support and Building Community Amid Political Uncertainty](#)
- [Be a Better Ally to Your LGBTQ+ Loved Ones](#)
- [Guide to Being an Ally to Transgender and Nonbinary Young People](#)
- [Understanding LGBTQ+ Mental Health](#)
- [Supporting Black LGBTQ+ Youth Mental Health](#)
- [Parents: Quick Tips for Supporting Your LGBTQ Kids – and Yourself – During the Coming Out Process](#)
- [Summer Camps for LGBTQ+ Youth](#)
- [Resources for LGBTQ+ Youth of Color](#)
- [Supporting Your Trans Child](#)
- [What Chosen Family Means and How to Build Your Own](#)

Parenting/Caregiving Resources

- [8 Self-Care Tips for Parents](#)
- [Things You Can Say When You're Not "Fine"](#)
- [Caregiver Stress, Caregiver Burnout](#)
- [Maintaining Boundaries as a Caregiver: Go from Guilt to Glow](#)
- [How to Model Healthy Coping Skills](#)

Trusted Organizations and Resources

- [NAMI \(National Alliance on Mental Illness\)](#)
- [Mental Health America](#)
- [Child Mind Institute](#)
- [JED Foundation](#)
- [The Trevor Project](#)
- [LGBT National Help Center](#)
- [Human Rights Campaign/HRC](#)

- [PFLAG](#)
- [It Gets Better](#)
- [Workplace Strategies for Mental Health](#)
- [Practicing Presence: Connecting with Your Bodymind for Deeper Dialogue with Self/Other \(PDF\)](#)
- [Video: Compassionate Body Scan Meditation \(23 minutes\)](#)
- [Video: Coping With Uncertainty Meditation \(9 minutes\)](#)
- [Video: Box Breathing Meditation \(6 minutes\)](#)
- [10 Guided Meditations for Tough Times](#)