

April 19, 2021

Dear Valued Partner,

The effects of the COVID-19 global pandemic are creating a lot of uncertainty and anxiety across many groups. Feeling stressed and fearful takes a toll on our health and well-being both at home and in the workplace. Many employers offer an Employee and Family Assistance Program (EFAP) to support employees that are struggling, but as we know in occupational health and safety; prevention is often the key. In order to help you, your employees, and members stay mentally fit and increase resiliency, we are pleased to announce season 2 of our well received free Maintaining Mental Fitness webinars.

Starting on Tuesday, May 11 at 10:00 am (MST), 12:00 Noon (EST) we will be offering 12 free bi-weekly webinars created in partnership with [Howatt HR](#) and the [Alberta Urban Municipalities Association \(AUMA\)](#). Author, columnist, and workplace productivity expert Dr. Bill Howatt returns to examine key behaviors organizations and individuals can do to maintain mental fitness during these challenging times. Each webinar includes a 15-minute mental fitness concept or skill, followed by an interactive Q&A session for mental fitness-related questions.

<http://www.MaintainingMentalFitness.com>

Register for any or all of MMF Season 2 [here](#)

Season 2 will focus on the 12 following topics:

- May 11, 2021 - *Moving away from loneliness starts from within*
- May 25, 2021 - *Tips for being less overwhelmed at work (Feeling overwhelmed is the new norm)*
- June 8, 2021 - *Tips for taming negative emotions*
- June 22, 2021 - *Relationship survival tips*
- July 6, 2021 - *Tips for dealing with emotional exhaustion*
- July 20, 2021 - *Benefits of monitoring positive and negative daily changes*
- Aug. 3, 2021 - *Insulating for irritability (Tips for managing anger)*
- Aug. 17, 2021 - *Halting self-doubt*
- Aug. 31, 2021 - *Tips for unplugging from work*
- Sept. 14, 2021 - *Tossing social rejection*
- Sept. 28, 2021 - *Blending demands of home and work*
- Oct. 12, 2021 - *Setting social media boundaries*

Season 1 of Maintaining Mental Fitness included 20 webinars and was a huge success with over 5,000 live attendees and more than 12,000 on-demand views.

“These sessions are amazing. Very few people think about the topics presented in these sessions on a regular basis, yet not giving these topics due treatment can result in directionless, pain-filled lives. Thank you so very much for sharing!”

We are offering an opportunity for you to demonstrate your leadership by becoming a [community partner](#) and sponsoring our second series of webinars. We have three different levels of [community partnership](#) for your consideration:

- **Pillar** - \$500 to sponsor our entire 12-episode webinar series which would include your company's logo placement on our Maintaining Mental Fitness website, logo placement on the bi-weekly presentations, and an unlimited \$50 discount code for registrations to our Psychological Health and Safety Facilitator's Certification program ([visit our website](#) for more details).
- **Builder** - \$250 to sponsor four (4) webinars which would include your company's logo placement on our Maintaining Mental Fitness website and logo placement on the bi-weekly PowerPoints.
- **Contributor** - \$100 to advertise your organizations logo during a single webinar.

With any of the above community partner sponsorships, you receive the opportunity to introduce your organization as a sponsor, and then introduce Howatt HR prior to the commencement of the webinar (first come, first serve).

To find out more information about sponsorship opportunities please contact [myself](#) or [Terri Filipski](#) at AMHSA. All advertisements and sponsorships are at AMHSA, AUMA, and Howatt HR's discretion.

We would also encourage you to promote the Maintaining Mental Fitness webinars to your staff within your own organization and/or feature these on your organization's website. [Click here](#) for our media kit which includes graphics, text, and social media posts available for your use.

Please let me know if you have any questions.

Sincerely,



Scott Lyall
Director of Operations
Alberta Municipal Health and Safety Association