AUGUST 2026

YOUR FIRST RESPONDERS ASSISTANCE



CONNECTIONS INC

First Responders Assistance Program | First Responders & Family Solutions

SDML Workers • Compensation • Fund

SDPAA Liability & Property Pool

Connected Not Consumed:

Digital Wellness Strategies

Available on Demand Starting Aug 18

Set clear boundaries with technology to enhance focus, wellbeing, and meaningful connections. We'll explore practical tips for managing screen time, reducing distractions, and creating healthier online habits.

LET US HELP

Visit your home page starting August 18th

- Go to www.connectionseap.com and log in: USERNAME: sdmlemp PASSWORD: eap
- Hover over Training – Online Training and click on "Webinars" to view upcoming webinars or listen to previous webinars.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

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