NOVEMBER 2026

YOUR FIRST RESPONDERS ASSISTANCE



CONNECTIONS INC

First Responders Assistance Program | First Responders & Family Solutions

SDML Workers • Compensation • Fund

SDPAA Liability & Property Pool

Strong Yet Struggling:

Rethinking Men's Mental Wellbeing

Available on Demand Starting Nov 17

Highlight men's roles, health, and wellbeing while fostering dialogue on gender balance. Gain practical ideas for supporting men's mental health and creating spaces where everyone feels safe to speak up.

LET US HELP

Visit your home page starting November 17th

- **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

PODCAST