



ACFC CONNECTIONS



July 2017

GO ON A PICNIC WITH THE ACFC!

July offers so many opportunities to spend time with your family and celebrate the beauty of our country. The ACFC has a lot to celebrate as we continue to expand the programs and services we offer to our members. We understand that each of you have challenges that span a variety of issues. We strive to identify what your needs are so we can bring you help when you need it, where you need it. From financial planning to caregiving, our goal is to address the areas of your life that you and your family members need assistance with. Visit the [ACFC website](#) to discover the resources we have available to make your life as enjoyable as possible.



July Dates and Observances

[National Picnic Month](#)

[National Park and Recreation Month](#)

[UV Safety Month](#)

[Juvenile Arthritis Awareness Month](#)

July 1-4, 2017

July 2, 2017

July 4, 2017

July 7, 2017

July 15, 2017

July 23, 2017

[Fireworks Safety Awareness](#)

[Made in USA Day](#)

[Independence Day](#)

[Father Daughter Take A Walk Day](#)

[Pet Fire Safety Day](#)

[Parents' Day](#)

COLLEGE COACH:

Failing a math test or not making the cut for a sports team can lead children to think they're not good at math or that sports isn't their thing. This kind of thinking limits potential and can have massive implications for future progress and success. To help parents understand how to overcome this negative mindset, College Coach is offering a webinar titled, "**Cultivating Success: Encouraging a Growth Mindset,**" on **July 11, 2017 at 3:00 PM ET**. This topic is suggested for parents/guardians of infants – 12th graders.

Based on the research of Dr. Carol Dweck, author of *Mindset*, this webinar will cover:

- The power of a growth mindset
- How to use failure and challenge as catalysts for growth and development
- Practical tips for cultivating a growth mindset in your child

Register for this upcoming event on the College Coach portal on the [ACFC website](#).

ANTHEM ONLINE RESOURCES

Did you know that your Anthem EAP has a Healthy Pregnancy program for expectant mothers? Sign up as early as possible to get the most from the program features, such as:

- 24/7 access to a nurse coach by phone
- A welcome kit and two best selling books: *Mayo Clinic Guide to a Healthy Pregnancy* and *Mayo Clinic Guide to Your Baby's First Year*
- Screenings for depression or early delivery
- Free phone calls with other specialists
- Other useful tools to help you, your nurse, and doctor keep track of your pregnancy

Go to [Anthem EAP](#) and click on the About Your Services tab.

ANTHEM EAP

We've all heard of the "generation gap," and how it can create a wall among family members, friends, and coworkers. But by exploring the differences in our generations, we can gain an understanding of why we think and act as we do and learn from one another. This month's Anthem webinar, "*Managing in a Multi-Generational Workplace*," will help you identify the characteristics and key motivational factors of each generation. You will explore the commonalities and discuss differences to build strong teams while bridging the generation gap.

Go to [Anthem EAP](#) and click on the webinar title under the Online Seminars section on the right-hand side of the home page to view this informative presentation.

