



## REMINDER: Supportiv Chat -- Learn How to Advocate for What You Need

Check out the Webinar Wednesday, June 12 at 10:00 AM (Central)!

Supportiv is an anonymous, peer-to-peer group chat feature for all U.S. Team Members and family members over the age of 13. Supportiv is available 24/7 and can be a great resource if you or a family member are experiencing emotional, social, financial, or mental health related struggles.

### Upcoming Webinar

On Wednesday, June 12th, Supportiv will be hosting a webinar offering ideas on how you can develop techniques to become a stronger advocate for yourself; personally and professionally. Topics will include:

- Talking about your situation -- tips on how to begin and continue conversations with peers, family and managers
- Asking for what you need/want -- techniques on structuring your discussion; to make sure you explain what you want and why
- Setting boundaries -- ideas to help your conversation stay on point, calm and focused



### Webinar Details

Here is the information for the webinar:

**Date:** Wednesday June 12, 2024

**Time:** 10:00 AM (Central)

**Register Now:** [Teams Link](#)

Remember, using any of the services from Supportive is completely free for you and eligible family members.

### How do I access Supportiv?

You can access the Supportiv chat site directly using the QR code or by visiting [supportiv.com/michaels](https://supportiv.com/michaels). Click "chat now" and type in your "struggle". Then, Supportiv will search existing chats for one that most closely matches your issue.



### Want more information?

If you have questions about how Supportiv works or can help you with your struggle, you can email them directly at [info@supportiv.com](mailto:info@supportiv.com). Or you can call them at (800) 845-0015.