



Webinar on Maintaining Good Mental, Emotional and Social Health

Check out the Webinar Monday, April 22 at Noon Central Time!

Last month, we rolled out Supportiv, 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 Monday, April 22nd, Supportiv will be hosting a webinar offering ideas on how you can support mental, emotional and social growth in yourself and others. Topics will include:

- Shifting perspectives – seeing issues from all sides
- Empowering yourself and others – techniques you can use to take charge
- Turning stress into strengths – how you can use stress to create personal growth



Webinar Details

Here is the information for the webinar:

Date: Monday April 22, 2024
Time: 12:00 Noon
How to join: [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. 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. Or you can call them at (800) 845-0015.