The WELLesley Employee

We Have a New EAP!

CMG Associates

JULY 2025

Resilience and Change

Resilience is the ability to bounce back from setbacks. It can be developed over time. We can support you while you learn flexible thinking and practice positive self-talk to face challenges with confidence.
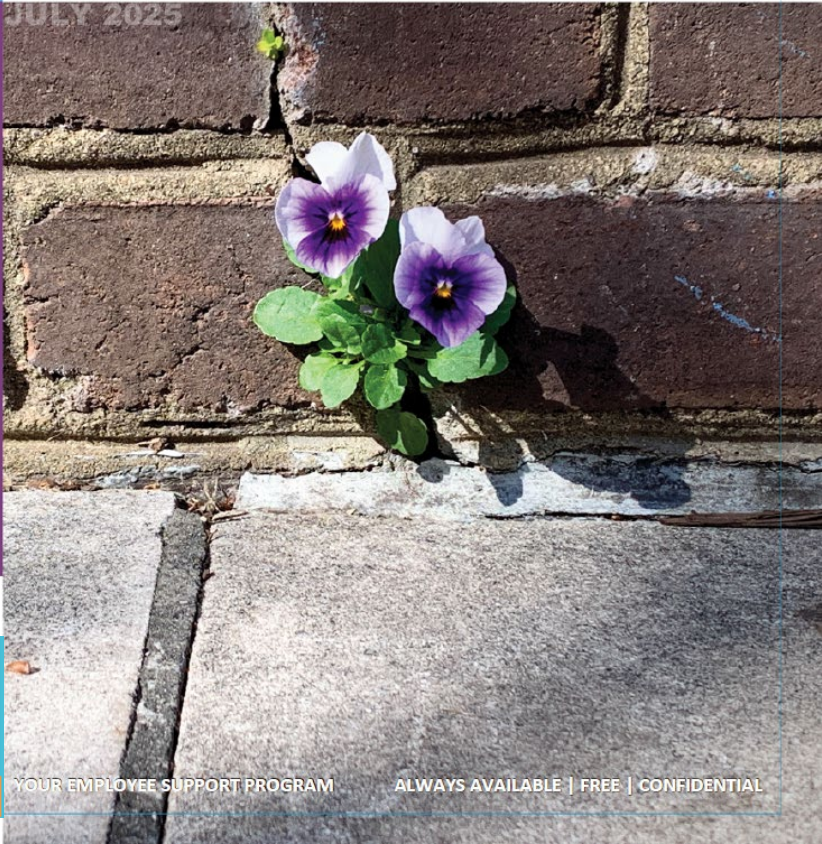
LET US HELP

TOLL-FREE: 833-549-3277

WEBSITE: www.cmgassociates.com
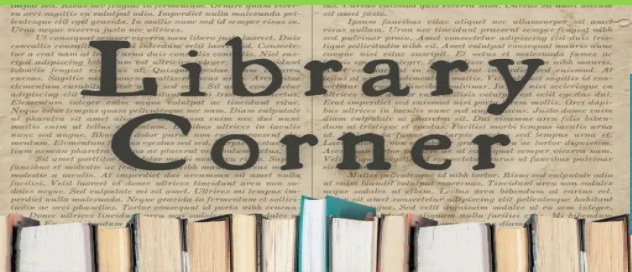
PASSWORD: WELL

EAP Log-In

YOUR EMPLOYEE SUPPORT PROGRAM   ALWAYS AVAILABLE | FREE | CONFIDENTIAL

Library Corner

JULY WELLNESS:

NATIONAL SOCIAL WELLNESS MONTH

West Suburban Health Group

MIIA Risk Management
Work Safe. Be Safe.

Upcoming Trainings

Click to see MIIA Training Calendar

Did you know that you have access to recorded trainings on a variety of topics through MIIA? If you don't already have a login, you can register here using your Wellesley email: https://www.emiia.org/join

MIIA's New E-learning Center provides quality training to meet annual requirements and tracks compliance for organization members at no cost to you. Train anytime, anywhere with our vast online library that includes more than 3,000 diverse courses and videos. For instructions on how to register, click here.

Do you have an event or training that you would like to make available to all employees? Please contact Jen Glover jglover@wellesleyma.gov

The Power of Resilience

ONLINE SEMINAR

Build mental and emotional resilience in a dynamic world. Learn practical strategies for enhancing wellbeing and confidently navigating change.

LET US HELP

Visit your home page starting July 15th

WEBSITE: www.cmgassociates.com
PASSWORD: WELL

Harvard Pilgrim HealthCare

Living Well at Home with virtual wellness classes

Our well-being programs are here for you when you need them the most.

Click the picture above for FREE, at home activities! ALL employees are welcome to participate, you do not have to be a member of HPHC.

Exclusive Membership Discount for Town Of Wellesley Full-Time Employees!

Click here for more information

Longfellow Wellesley
Tennis & Health Club

CLICK HERE FOR YOUR EMPLOYEE ASSISTANCE PROGRAM