

## July

To kick off Q3, we're promoting mental wellness among the BIPOC community. Then, in light of summer and the school holidays, we're encouraging safe sun care and empowering parents to find moments of self-care. And finally, for professional progression, we're teaching how everyone can be more creative in the workplace.

## August

August is International Youth Day, so we are raising awareness of young people's mental health. To complement this, we are helping new moms this World Breastfeeding Week. And finally, we're celebrating everyone's uniqueness at work with diversity, inclusion, and cultural awareness.

## September

As September is Suicide Prevention Day, we are seeking to help both those that may be struggling in silence and their loved ones, before delving into stress management tips to prevent burnout. Then, we're boosting everyone's communication skills, building skills in public speaking and active listening.

## Collections



### Understanding BIPOC mental health

BIPOC Mental Health Month



### Surviving as a working parent

School holidays



### Embracing creativity at work

Creativity at work



### The significance of sunscreen

UV Safety Month



### Understanding teenagers' mental health

International Youth Day



### Understanding breastfeeding

World Breastfeeding Week



### Diversity and inclusion

Diversity, Equity, and Inclusion



### Developing cultural awareness

Cultural awareness



### Understanding suicide

World Suicide Prevention Day



### Recognizing and coping with stress

Stress and burnout



### The art of active listening

Active listening



### Communication at work

Communication and public speaking