Impact Solutions provides confidential telephonic counseling 24/7/365. In addition, Impact’s website provides many interactive and comprehensive tools. The website is easy to navigate and includes a wide variety of topics to help you build resilience and manage life. You can reach an Impact counselor by calling 1-800-227-6007.

**January 2019**

**Do Your Bucket List: 7 Ways to Up Your Focus on Things that Matter**  
*Presented by: Eva Churchill*  
Whether it's running an Iron Man, meeting somebody, or losing ten pounds, we all have that next thing we want to accomplish in life. But it's so easy to lose focus on personal growth in the rush of daily life. Get inspired and get practical with seven strategies to increase your focus on that next bucket list item. Life without regrets is possible, you just need to get focused.

**February 2019**

**Tax Savings Strategies**  
*Presented by: Henry Gorecki*  
Review step-by-step the different sections of the 1040 and how you can maximize savings. What is the difference between a tax deduction and a credit? How can I minimize taxes? Give yourself a raise! Learn more about smart tax planning.

**March 2019**

**Resilience in Times of Change**  
*Presented by: Dr. Delvina Miremadi-Baldino*  
Change is an inevitable part of life. Sometimes it hits us unexpectedly and other times it comes as a consequence of a decision we made. Either way, change can be scary if we aren’t prepared to be flexible and resilient in the face of it. Explore the impact of change on individuals and organizations, define the concept of resilience and how it’s essential to cope with change, and learn the skills necessary to foster resilience and make healthy transitions.