



# Employee Assistance Program

Practical help ...  
from people you trust!

## Welcome to 2024!

| January |    |    |    |    |    |                  |
|---------|----|----|----|----|----|------------------|
| Su      | Mo | Tu | We | Th | Fr | Sa               |
|         | 1  | 2  | 3  | 4  | 5  | 6 <sup>20</sup>  |
| 7       | 8  | 9  | 10 | 11 | 12 | 13               |
| 14      | 15 | 16 | 17 | 18 | 19 | 20 <sup>21</sup> |
| 21      | 22 | 23 | 24 | 25 | 26 | 27               |
| 28      | 29 | 30 | 31 |    |    | 22               |

| February |    |    |    |    |    |                  |
|----------|----|----|----|----|----|------------------|
| Su       | Mo | Tu | We | Th | Fr | Sa               |
|          |    |    |    | 1  | 2  | 3                |
| 4        | 5  | 6  | 7  | 8  | 9  | 10               |
| 11       | 12 | 13 | 14 | 15 | 16 | 17 <sup>23</sup> |
| 18       | 19 | 20 | 21 | 22 | 23 | 24               |
| 25       | 26 | 27 | 28 | 29 |    | 24               |

| March |    |    |    |    |    |                  |
|-------|----|----|----|----|----|------------------|
| Su    | Mo | Tu | We | Th | Fr | Sa               |
|       |    |    |    |    | 1  | 2                |
| 3     | 4  | 5  | 6  | 7  | 8  | 9                |
| 10    | 11 | 12 | 13 | 14 | 15 | 16 <sup>25</sup> |
| 17    | 18 | 19 | 20 | 21 | 22 | 23               |
| 24    | 25 | 26 | 27 | 28 | 29 | 30 <sup>26</sup> |
| 31    |    |    |    |    |    |                  |

| April |    |    |    |    |    |                 |
|-------|----|----|----|----|----|-----------------|
| Su    | Mo | Tu | We | Th | Fr | Sa              |
|       | 1  | 2  | 3  | 4  | 5  | 6               |
| 7     | 8  | 9  | 10 | 11 | 12 | 13 <sup>1</sup> |
| 14    | 15 | 16 | 17 | 18 | 19 | 20              |
| 21    | 22 | 23 | 24 | 25 | 26 | 27 <sup>2</sup> |
| 28    | 29 | 30 |    |    |    |                 |

| May |    |    |    |    |    |                 |
|-----|----|----|----|----|----|-----------------|
| Su  | Mo | Tu | We | Th | Fr | Sa              |
|     |    |    | 1  | 2  | 3  | 4               |
| 5   | 6  | 7  | 8  | 9  | 10 | 11 <sup>3</sup> |
| 12  | 13 | 14 | 15 | 16 | 17 | 18              |
| 19  | 20 | 21 | 22 | 23 | 24 | 25 <sup>4</sup> |
| 26  | 27 | 28 | 29 | 30 | 31 |                 |

| June |    |    |    |    |    |                 |
|------|----|----|----|----|----|-----------------|
| Su   | Mo | Tu | We | Th | Fr | Sa              |
|      |    |    |    |    |    | 1               |
| 2    | 3  | 4  | 5  | 6  | 7  | 8 <sup>5</sup>  |
| 9    | 10 | 11 | 12 | 13 | 14 | 15              |
| 16   | 17 | 18 | 19 | 20 | 21 | 22 <sup>6</sup> |
| 23   | 24 | 25 | 26 | 27 | 28 | 29              |
| 30   |    |    |    |    |    |                 |

| July |    |    |    |    |    |                 |
|------|----|----|----|----|----|-----------------|
| Su   | Mo | Tu | We | Th | Fr | Sa              |
|      | 1  | 2  | 3  | 4  | 5  | 6 <sup>7</sup>  |
| 7    | 8  | 9  | 10 | 11 | 12 | 13              |
| 14   | 15 | 16 | 17 | 18 | 19 | 20 <sup>8</sup> |
| 21   | 22 | 23 | 24 | 25 | 26 | 27              |
| 28   | 29 | 30 | 31 |    |    | 9               |

| August |    |    |    |    |    |                  |
|--------|----|----|----|----|----|------------------|
| Su     | Mo | Tu | We | Th | Fr | Sa               |
|        |    |    |    | 1  | 2  | 3                |
| 4      | 5  | 6  | 7  | 8  | 9  | 10               |
| 11     | 12 | 13 | 14 | 15 | 16 | 17 <sup>10</sup> |
| 18     | 19 | 20 | 21 | 22 | 23 | 24               |
| 25     | 26 | 27 | 28 | 29 | 30 | 31 <sup>11</sup> |

| September |    |    |    |    |    |                  |
|-----------|----|----|----|----|----|------------------|
| Su        | Mo | Tu | We | Th | Fr | Sa               |
| 1         | 2  | 3  | 4  | 5  | 6  | 7                |
| 8         | 9  | 10 | 11 | 12 | 13 | 14 <sup>12</sup> |
| 15        | 16 | 17 | 18 | 19 | 20 | 21               |
| 22        | 23 | 24 | 25 | 26 | 27 | 28 <sup>13</sup> |
| 29        | 30 |    |    |    |    |                  |

| October |    |    |    |    |    |                  |
|---------|----|----|----|----|----|------------------|
| Su      | Mo | Tu | We | Th | Fr | Sa               |
|         |    | 1  | 2  | 3  | 4  | 5                |
| 6       | 7  | 8  | 9  | 10 | 11 | 12 <sup>14</sup> |
| 13      | 14 | 15 | 16 | 17 | 18 | 19               |
| 20      | 21 | 22 | 23 | 24 | 25 | 26 <sup>15</sup> |
| 27      | 28 | 29 | 30 | 31 |    |                  |

| November |    |    |    |    |    |                  |
|----------|----|----|----|----|----|------------------|
| Su       | Mo | Tu | We | Th | Fr | Sa               |
|          |    |    |    |    | 1  | 2                |
| 3        | 4  | 5  | 6  | 7  | 8  | 9 <sup>16</sup>  |
| 10       | 11 | 12 | 13 | 14 | 15 | 16               |
| 17       | 18 | 19 | 20 | 21 | 22 | 23 <sup>17</sup> |
| 24       | 25 | 26 | 27 | 28 | 29 | 30               |

| December |    |    |    |    |    |                  |
|----------|----|----|----|----|----|------------------|
| Su       | Mo | Tu | We | Th | Fr | Sa               |
| 1        | 2  | 3  | 4  | 5  | 6  | 7 <sup>18</sup>  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14               |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 <sup>19</sup> |
| 22       | 23 | 24 | 25 | 26 | 27 | 28               |
| 29       | 30 | 31 |    |    |    |                  |

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**Legend:** Payday Holiday Floating Holiday Holiday & Payday

For information and resources, contact your EAP Coordinator at:

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 Phone: 845-257-2886 • Email: segalla@newpaltz.edu • General inquiries: eap@newpaltz.edu,  
 or call the 24/7 New York State Employee Assistance Program line at 1-800-822-0244.

