Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Emotional Well-Being During the COVID-19 Pandemic (Video)

The uncertainty we are all experiencing during the COVID-19 pandemic poses many challenges for us in our workplace and at home. The increase in stress from the fast changing climate requires us to have tools we may have never needed, to make good decisions. This short webinar will help unpack why the pandemic is hard on us, and provide tips and tools for taking care of yourself, your family, and staying positive.



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