

OVERCOMING CHANGE

Navigating a New Normal



August 2020

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Day-to-day life at work and at home continues to shift in many ways. Adapting over and over to change can be a challenge. Understanding your reactions during transitions can help you cope and be more accepting to a 'new normal.'

Your program provides confidential counseling, resources and referrals to give you tools to adapt to change and the stressors surrounding it.

WEBINAR

Change is Constant: Tips to Help You Thrive

Available August 1, 2020
Located in the Monthly Feature Tile

Learn how to cope with the reality that life may look drastically different tomorrow than it does today.



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