



EMPLOYEE ASSISTANCE PROGRAM

APRIL 2017 – GRIEF AND LOSS

Carolinas HealthCare System's Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the [Grief and Loss](#) webinar include:

- Exploring the different stages of grief
- Learning how different losses effect you differently
- Coping strategies for the recovery process

For your convenience this webinar will be held on varying days and times during the month.

<u>Dates</u>	<u>Times</u>
April 4, 2017	9:00 – 10:00 am
April 12, 2017	Noon - 1:00 pm
April 20, 2017	1:00 - 2:00 pm

Advance registration is required.
Please call:
704-355-5021
for reservations.

Carolinas HealthCare System's Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact Carolinas HealthCare System Employee's Assistance Program at [704-355-5021](tel:704-355-5021) or [800-384-1097](tel:800-384-1097).

