



EMPLOYEE ASSISTANCE PROGRAM

Carolinas Healthcare System's Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues at 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 all of our teammates have access to the resources they need for a happy workplace and a healthy home life.

During **Care for the Caregiver**, participants will learn about:

- Tools for combatting "compassion fatigue"
- How to better manage caregiver responsibilities
- Strategies for balancing caregiver obligations

For your convenience this seminar will be held at multiple locations.

Albemarle

Stanly Regional Medical Center
Magnolia C
July 9, 2014
Noon to 1 p.m.

Charlotte

Carolinas HealthCare System
Employee Assistance Program Office
720 East Blvd.
July 22, 2014
Noon to 1 p.m.

Concord

Carolinas Medical Center-NorthEast
Auditorium
July 9, 2014
Noon to 1 p.m.

Shelby

Cleveland Regional Medical Center
Clinical Orientation Room (4th floor)
July 10, 2014
Noon to 1 p.m.

Webinar

July 29, 2014
Noon to 1 p.m. (EST)

Advance registration is required
and space is limited so please call
704-355-5021
for reservations.

Carolinas HealthCare System's Employee Assistance Program (CHS EAP) 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 Assistance Program at **704-355-5021** or **800-384-1097**.



Carolinas HealthCare System



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