



## EMPLOYEE ASSISTANCE PROGRAM

### October 2023

#### ***“Grief and Loss”***

##### **Atrium Health’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:

- Understanding the complexities to grief and loss
- How to support co-workers who are grieving
- How to cope with grief

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

Dates	Times
October 10, 2023,	10:00 –11:00 am
October 18, 2023,	Noon - 1:00 pm
October 25, 2023,	1:00 - 2:00 pm

Advance registration is required. To register, please call 704.355.5021 or click on the link below and complete the required fields:

<https://forms.office.com/r/pY6ZVFkdCg>

Atrium Health’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 the Atrium Health Employee Assistance Program at **704-355-5021** or **800-384-1097**.