



## EMPLOYEE ASSISTANCE PROGRAM

### ***“Coping with Holiday Stress”***

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 ***Coping with Holiday Stress*** webinar include:

1. Understand what holiday stress looks like
2. Navigating the holiday post-pandemic
3. Identifying coping strategies
4. Provide tips and advice for holiday stressors

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

Dates	Times
December 12 <sup>th</sup> 2023	10:00 – 11:00 am
December 26 <sup>th</sup> 2023	Noon - 1:00 pm
December 29 <sup>th</sup> 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>

**Classes may be cancelled without adequate registration.  
These dates and topics are subject to change based on demand.**

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**.