



## ***Employee Trainings Employee Assistance Program***

**February 2024**

### ***“Exploring Grief and Loss”***

Goals of the presentation include:

1. Understanding the complications and complexities of grief and loss
2. Learn to manage your grief and loss
3. Normalize uncertainty during a grief and loss season

February 13 <sup>th</sup> 2024	10:30 – 11:30am	Webinar
February 20 <sup>th</sup> 2024	Noon – 1:00pm	Webinar
February 28 <sup>th</sup> 2024	1:00pm-2:00pm	Webinar

**Classes may be cancelled without adequate registration.**

**These dates and topics are subject to change based on demand.**

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/FiM4kRUDZP>**

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**.