

# Navigating Through Grief and Loss

## ONLINE SEMINAR

### Learning coping skills for grief

Discover ways to say goodbye and healthy steps to manage the five stages of grief.

### LET US HELP

Visit your home page starting February 17th

**WEBSITE:** [www.EAPHelplink.com](http://www.EAPHelplink.com)

**TOLL-FREE:** 1.800.999.1077

**CODE:** DOUGLAS

Always Available | Free | Confidential

FEBRUARY 2022



YOUR EMPLOYEE ASSISTANCE PROGRAM

