

# Navigating Your Holiday

## ONLINE SEMINAR

### Having successful holidays

Learn some effective ways to plan, organize, and make the most of your holiday.

### LET US HELP

Visit your home page starting Oct. 18th

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

**TOLL-FREE:** 1.800.999.1077

**COMPANY CODE:** DOUGLAS

Always Available | Free | Confidential

OCTOBER 2022



**YOUR EMPLOYEE ASSISTANCE PROGRAM**

