

APRIL 2023

## Guiding Your Family to Greener Living

### ONLINE SEMINAR

In this session, we will explore the steps towards greener living and how to guide our family to living more sustainably. We can help you connect intentions with actions for better mental wellbeing.

### LET US HELP

Visit your home page starting April 18th

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

TOLL-FREE: 1.800.999.1077

COMPANY CODE: DOUGLAS

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



YOUR EMPLOYEE ASSISTANCE PROGRAM