



Employee Assistance Program

FREE Webinar Series

You have ONE MORE DAY to register for:

TIPS AND TRICKS FOR TAKING CARE OF YOURSELF AND OTHERS DURING REOPENING

June 30, 2020
12:00-12:30 p.m. EST

TIPS AND TRICKS FOR TAKING CARE OF YOURSELF AND OTHERS DURING REOPENING

***Tuesday, June 30, 2020
12:00-12:30 p.m. EST***

In this presentation, you will learn tools to prepare and cope with the expected changes as we re-open. This will be an interactive presentation, with opportunity to practice skills and gather ideas about how to take care of yourself and support others during this time. The following questions will be addressed:

- What do we know from history about post-pandemic emotional impact?
- Why is it important to anticipate the changes to your work and home-life?
- How can you prepare to take care of yourself and others during this difficult time?
- What are some useful tools that can help you cope?



Register for this webinar:

Tuesday, June 30, 2020
2:00-2:30 p.m. EST

Register for June 30th Webinar

This presentation will be available after the event On Demand. You may register for and view the webinar after the webinar date; a link will be available at our [website](#).

View On-Demand Webinars Anytime

Check out [our website](#) to view any of the webinars below.

- Reducing Stress During Stressful Times
 - Prioritizing Your Health and Wellbeing
 - Tips To Reduce Your Financial Stress During the Coronavirus Epidemic
 - Self Care: Managing Stress During Uncertainty
 - Stay-Home Nutrition: How to Plan Your Meals At Home During the Coronavirus Epidemic
 - Protecting Your Financial Health
 - Moving toward Meditation: Guided Breathing and Relaxation for All (4 Part Series)
 - Parenting During the Pandemic (2 Part Series)
 - Chair Yoga
-

Learn more about your C&FS Employee Assistance Program benefits

**Learn More
about EAP**

Did you know that you can access counseling and work-life services through C&FS EAP? Learn more about your benefits, including:

- Telephonic and Video Counseling
- 24-7 Crisis Counseling Hotline
- Nutritional Consultation
- Financial Consultation
- Legal Consultation
- Meditation Services
- Childcare Consultation
- Eldercare Consultation
- Smoking Cessation

Request an EAP Appointment

**Request an
Appointment**

EAP is a neutral and confidential resource, here to support you. No one in your organization will ever know if you call or come in for services without your consent. Facing challenges is universal, you are not alone. Call us at 716-681-4300 or click the button to be taken to our online Appointment Request form.

Child and Family Services EAP
716-681-4300
800-888-4162
eap.cfsbny.org