



Employee Assistance Program

Your Resource for Solutions



Holiday Stress Management:

*Diwali Thanksgiving Christmas
Hanukkah Kwanzaa New Year's*

A positive approach to preparing
for the stresses, challenges,
and opportunities of the
2020 Holiday Season.

The EAP is here for small groups, large
departments, *all employees and family
members*, to promote a healthy, happy,
holiday season. Please join us for this
stress-reducing presentation offered
via Zoom on :

Friday: November 20th

December 3, 11 & 18

From: 12:00pm- 1:00pm

To join meeting click [Meeting Invite](#)
Or visit us at boston.gov/EAP for additional
information



Happy Holidays from the EAP

