



# 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 4, 11 & 18**

**From: 12:00pm- 1:00pm**



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



# *Happy Holidays from the EAP*

