

Practicing Self-Care and Managing Stress During the COVID-19 Outbreak

National EAP is hosting a virtual support group on how to manage mental health concerns and cope with stress during the COVID-19 outbreak. Attendees can join via webcam.

We will be discussing coping skills and stress management techniques to help increase mental strength during this infectious disease outbreak.

Practicing Self-Care and Managing Stress During the COVID-19 Outbreak

- Tuesday, March 24th @ 5:00 pm EST

<https://attendee.gotowebinar.com/register/4773765433105391373>

- Thursday, March 26th @ 1:00 pm EST

<https://attendee.gotowebinar.com/register/3312756372349286157>

*Please note that due to the interactive nature of this webinar, we are limiting attendance to 12 people per webinar. We will be adding more sessions, based upon response. We appreciate your understanding and look forward to speaking with all of you.



ALWAYS AVAILABLE ALWAYS CONFIDENTIAL

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