

# Navigating Through Grief and Loss

## ONLINE SEMINAR

### Learning coping skills for grief

Discover ways to say goodbye and healthy steps to manage the five stages of grief.

### LET US HELP

Visit your home page starting February 17th

**TOLL-FREE:** 888-933-1327

**WEBSITE:** [www.NM.ORG/EAP](http://www.NM.ORG/EAP)

<https://helpwhereyouare.com/CompanyLogin/1572/NW>  
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FEBRUARY 2022

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