

MAY 2023



Speak Less, Listen More

Be a patient listener at work and home

Listening is important in a good conversation. Be open to learning by listening, and in turn, you may have a different understanding of situations at work or home.

LET US HELP

TOLL-FREE: 888-933-1327

WEBSITE: <https://helpwhereyouare.com/CompanyLogin/1572/NWM>

PASSWORD: FCAC



EMPLOYEE ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL