

DECEMBER 2023

Accepting Change

Managing the stress of transitions

Change can be emotional and overwhelming, even when it is a positive change. We can help you process short-term change and ongoing change.

LET US HELP

TOLL-FREE: 888-933-1327

WEBSITE:

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

PASSWORD: FCAC



EMPLOYEE ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL