

ONLINE SEMINAR

People who experience caregiver stress can be vulnerable to changes in their own health. In this session we will explore how to cope with caregiver stress while supporting our loved ones.

*(Typical seminar runtime: 20 minutes)*

YOUR EMPLOYEE ASSISTANCE PROGRAM

LET US HELP

Visit your home page starting Tuesday 11/21:

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

TOLL FREE: 1-877-313-4455

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Caring
for the Caregiver**

**NOVEMBER 2023**