Eight brown paper doll cutouts are arranged in a circle, standing upright on a blue background.



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

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The letters "eap" are below a radiating sun which contains a person with upraised arms

**Caring   
for the Caregiver**

**NOVEMBER 2023**