

BOUNDARIES

SETTING YOUR LIMITS DURING THE HOLIDAYS

THE EMPLOYEE ASSISTANCE PROGRAM CAN HELP
SUPPORT YOU DURING THE HOLIDAY SEASON IN DEALING
WITH STRESS AND SETTING BOUNDARIES.

EMPLOYEE ASSISTANCE PROGRAM

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com

24

HOURS A DAY



PSC

EAP

Services are confidential and offered to you and your family members as a FREE agency-paid benefit.