



## Take Your Time with Grief

Suffering a major loss can have a big impact on your life. Accepting and coping with loss is one of the hardest journeys we can take. No two grief journeys are the same, and healing doesn't follow a set schedule.

Access your program for guidance on coping with loss.



Employee Assistance Program  
*We care, just call.*

**1-800-222-0364**

1-888-262-7848 TTY Users

[www.FOH4YOU.com](http://www.FOH4YOU.com)