

**November
2024**



EAP Live Monthly Webinar Series

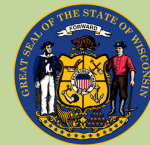
Holiday Survival Guide

Date: 11/13/2024

Time: 12:30PM to 1:30PM CST

For many, the holiday season is a wonderful time for celebration, family gatherings and joyful memories. For others, it's a time of sadness and, possibly, a feeling of being overwhelmed. In this seminar, participants examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships and finances. Participants will also share ideas for organizing holiday tasks, managing holiday demands, and explore the role of holiday traditions in our lives.

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