

**FEBRUARY 2023**

# Tackling Loneliness

## ONLINE SEMINAR

Loneliness is the feeling we get when our need for rewarding social contact and relationships has not been met. In this session we will learn practical steps to overcome loneliness and build connections.

## LET US HELP

Visit your home page starting February 21st

**WEBSITE:** [www.inova.org/eap](http://www.inova.org/eap)

**USERNAME:** NIAGARA

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