



JULY 2023

Overcoming Parental Guilt

ONLINE SEMINAR

When faced with challenges, it's common that we as parents may question if we are doing a good enough job. In this session, we will learn how to overcome parental guilt and continue to do your best.

YOUR EMPLOYEE ASSISTANCE PROGRAM

The seminar will be available on the
EAP website starting July 18th

WEBSITE: www.inova.org/eap

USERNAME: NIAGARA

PASSWORD: COUNTY

