

A group of seven stylized, light-colored paper figures are arranged in a circle, holding hands. They are set against a light blue background. The figures are simple, with no facial features, and their shadows are cast onto the surface below them.

Caring for the Caregiver

EMPLOYEE ASSISTANCE PROGRAM MONTHLY SEMINAR

TOPIC:

People who experience caregiver stress can be vulnerable to changes in their own health. In this session we will explore how to cope with caregiver stress while supporting our loved ones.

USERNAME: NIAGARA

PASSWORD: COUNTY

This seminar will be available on
November 21st

@ www.inova.org/eap



YOUR EMPLOYEE ASSISTANCE PROGRAM