Educators' EAP | Making Time for Everything!

Educators' EAP <clientservice@theeap.com>

Thu 4/13/2023 1:00 PM

To: Elena Maskell <emaskell@rhcsd.org>

CAUTION: This email originated from outside of the organization and may contain harmful content. If the sender name matches district personnel do not respond to the message and immediately notify the IT department.

Please Share with Your Employees!

Hello.

Every month, your EAP Self-Help Resource Center features a different monthly topic with a webinar and related resources. **These are featured right at the top of the page when you log in.**

April has a family and work-life theme: Making Time for Everything: Dual Careers and Family Life.

The featured webinar for April discusses the realities of busy, working partners finding ways to better manage the household to make more time for the things that matter most. You can take this webinar at your convenience anytime - day or night.

Some of the many featured family resources include webinars and articles on such topics as:

- Finding Time to Connect with Your Spouse and Your Kids
- Strengthening Your Family Bond
- Creating a Master Calendar for Your Family
- <u>Using Family Meetings for Communication</u>
- Birth Order: Behavioral Traits that Affect Your Life and Work

Please note: You must be logged in to the EAP website to access the links/resources above.

Why not log in to the EAP Self-Help Resource Center at www.theEAP.com/Educators-EAP and check out this topic? Find even more related topics by clicking on the Connections/Work-Life tile under the Explore Your Benefits section of the website.



800.252.4555 www.theEAP.com/Educators-EAP

Clients of ESI Employee Assistance Group have received this email to relay information about the employee assistance benefits for your organization. The EAP is a confidential benefit available to you, your employees and their family members.