

DECEMBER

2010



FRIENDS AND FAMILY:

Are you naughty or nice at holiday gatherings?

LIVING IN REALTIME LIVING IN REALTIME

TIEMPO REAL VIDA EN TIEMPO REAL VIDA

WEBINAR



Say What You Mean the Right Way: Healthy Forms of Communication

Tuesday, December 21st
at 12pm, 2pm and 4pm EST

The holidays are a time to come together, but when one of us takes something the wrong way, the festive spirit quickly fades. Keep the cheer in the holidays by learning strategies and guidelines for successful communication.

Find registration information on your work-life website.

Please note: Webinars are available only in English. HelpNet is the EAP provided to you by your employer. You can access your pre-paid, confidential counseling services by calling the number listed below.

HelpNet

“It’s the most wonderful time of the year...” Maybe for Andy Williams, but for a lot of us, the overload of holiday gatherings with friends and family can create stressful situations. And sometimes that stress comes out the wrong way. Avoid holiday hostility with tips and resources to help you keep the conversation cheerful.

Your work-life service is always available to provide real-time support for real living. Call or log on to get started.

Call toll-free (800) 969-6162 or log on to www.helpneteap.com