

Making And Breaking Tradition



DOING THE HOLIDAYS YOUR WAY.

Let go of the stress of trying to create the perfect holiday, and make the holiday your own.

Your Employee Support Program can help with:

- Articles and tip sheets on holidays and stress
- Audio on the holiday blues
- Referrals for volunteer opportunities
- Information on communication and families

TOLL-FREE: **800-788-8630**
WEBSITE: **www.encompass.us.com**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.



EMPLOYEE SUPPORT PROGRAM NOV 2016