




Globally  
Strengthening People • Performance • Productivity



**ENCOMPASS EMPLOYEE  
ASSISTANCE AND  
WORK/LIFE PROGRAM  
AUG. 2017**

# SAYING GOODBYE

Honoring the  
process of  
grief and loss

We all grieve in our own way and in our own time. Everyone can use some extra support during a time of loss. Your ENCOMPASS Employee Assistance and Work/Life Program can assist you with a full selection of resources:

- Articles on the stages of grief and moving on from it
- Information on end-of-life care and funeral arrangements
- Referrals for respite care and in-home care services
- Referrals to bereavement groups

## MONTHLY PODCAST:

Grief and loss trigger conflicting emotions. Explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a “grief rut” as you discuss more healthy ways to grieve.

**TOLL-FREE: 800-788-8630**

**WEBSITE: [www.encompass.us.com](http://www.encompass.us.com)**

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