Putting the "Happy" Back in the Holidays.

For many of us, the holiday season can bring a mix of emotions. Oftentimes, the holidays are a time to celebrate with family and friends. But for some, this time of year can be difficult. Increased personal demands and financial expenses cause stress and worry. For those who are coping with grief and loss, those feeling can become overwhelming during the holidays.

If you or someone you know is struggling this holiday season (and after), the EAP is here to help. Available 24/7 year-round , we can assist you in dealing with a variety of challenges from how to balance the various demands of the season, grief, and depression, to researching holiday child care options, stress management/resiliency techniques, and financial budgeting.

Reach out to the EAP today for confidential assistance.

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Deer Oaks EAP Services