



DEER OAKS EAP SERVICES

VIRTUAL TEAM SUPPORT SESSIONS



Deer Oaks EAP Services, your Employee Assistance Program (EAP) provider, will be conducting a series of Team Support Sessions for the Texas Health and Human Services Centralized Background Check Unit staff during 2024. Each facilitated session will focus on a staff support topic and provide participants with an opportunity to both share their experiences and learn tips and strategies to help them deal more effectively with day-to-day stress.

Below are the session dates, times, and topics. Use the “Register here” links to sign up for the sessions you’re interested in attending.

Team Support Session #1 – Stress Management

Tuesday, March 19th from Noon – 1 PM CT

[Register here](#)

Team Support Session #2 – Preventing & Overcoming Burnout

Tuesday, June 4th from Noon – 1 PM CT

[Register here](#)

Team Support Session #3 – Self Care

Tuesday, September 17th from Noon – 1 PM CT

[Register here](#)

Team Support Session #4 – Increasing Resilience

Tuesday, December 3rd from Noon – 1 PM CT

[Register here](#)