



Excellence in Employee Support Services

Assistance During the Coronavirus Pandemic Virtual Stress and Grief/Loss Support Groups

If you have concerns about your ability to manage the stressors associated with the coronavirus, you are not alone. The pandemic has created an extraordinary number of *simultaneous stressors* including:

- worries about one's health and safety and the well-being of others
- uncertainty about the future
- financial strains
- disruption to parenting and caregiving routines
- work challenges
- trouble connecting with those one loves
- numerous losses and grief

To help you cope with the *sustained* stress of the pandemic, your free EAP benefit provided by Carebridge Corporation, is offering virtual stress check-in, as well as, grief and loss, support groups. Attendance will help improve your ability to thrive during this challenging time and enhance your physical mental and emotional well-being. Habits, beliefs, and behaviors that promote resilience will be highlighted.

Each group session will be 30 minutes and will be facilitated by a mental health, wellness and/or grief expert. Participation is confidential. You will have the ability to ask questions of the facilitator and to share experiences anonymously through a chat box to protect privacy. Advanced registration is encouraged but can also be done just prior to the start of the session. Upcoming sessions and the link to register are listed below. If you are not able to participate in a live group, you can still benefit by viewing a recorded presentation. To watch, visit CarebridgeConnects Resources located in the COVID-19 Resource Center at myliferesource.com.

Confidential individual counseling support is available 24/7 by calling 800.437.0911.

Schedule and Registration Links

Wednesday, May 20, 2020, 3 – 3:30 p.m. EST	Stress Check-In Open Invitation
Thursday, May 21, 2020, 3 – 3:30 p.m. EST	Grief and Loss Open Invitation
Wednesday, May 27, 2020, 8 – 8:30 a.m. EST	Stress Check-In for Healthcare Professionals
Thursday, May 28, 2020, 10 – 10:30 p.m. EST	Stress Check-In Open Participation
Friday, May 29, 2020, 2 – 2:30 p.m. EST	Grief and Loss Open Invitation

Contact Carebridge at **800.437.0911** or visit **www.myliferesource.com** for more information!

