

May
2024



**LIVING WITH LOSS ONE
DAY AT A TIME, AT HOME
AND AT WORK**
HelpNet webinar

After losing someone you care about, your life can feel like it is no longer your own. The best way to find the courage, perseverance, and desire to rebuild and redefine your new life is living with the loss, one day at a time. Emotional recovery is not accomplished by checking off items on a list but rather living the loss -- establishing a new relationship with your loved ones and the people around you, both at work and at home. This session will provide you with ideas and tools for how to interact with others, how to find passion and purpose, and how to rebuild your future.

AVAILABLE ON DEMAND STARTING May 1

To access Continuum's HelpNet, visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.



- 402.476.0186|800.755.7636
- 4continuum.com
- easpecialist@4continuum.com

