



EMPLOYEE ASSISTANCE PROGRAM

“Financial Stress and Behavioral Solutions”

Atrium Health’s Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the ***Financial Stress and Behavioral Solutions*** webinar include:

1. Understand Financial Stress
2. Explore the Impact of Financial Stress
3. Learn Common Causes of Financial Stress
4. Identify Behavioral Responses to Financial Stress
5. Foster Behavioral Solutions
6. Learn to Build Financial Resilience

For your convenience this webinar will be held on varying days and times during the month.

Dates	Times
November 21 st , 2023,	10:00 – 11:00 am
November 16 th , 2023,	Noon - 1:00 pm
November 27 th , 2023	1:00 - 2:00 pm

Advance registration is required. To register, please call 704.355.5021 or click on the link below and complete the required fields:
<https://forms.office.com/r/pY6ZVFkdCg>

**Classes may be cancelled without adequate registration.
These dates and topics are subject to change based on demand.**

Atrium Health’s Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact the Atrium Health Employee Assistance Program at **704-355-5021** or **800-384-1097**.

