

# CONTINUUM EAP

PRESENTS



## Virtual roundtable discussions

Social distancing, self-quarantining, community spread, remote workforces and zoom meetings... Just a few of the words that represent our current world. What does this mean for YOU, personally? For your family? Your employees? Your career?

*Let's get together and talk about it.*

Join Continuum EAP and other participants via our secure video platform to get support, build connections, and share strategies and advice so we can help one another through this pandemic.

**COVID-19-related session topics include:**

- Managing Stress and Promoting Resilience
- Dealing with Children and Teen Concerns
- Leading and Managing Your Employees



**All sessions are FREE!**  
Member company employees and family members are able to participate at no charge.



**20 participants per session.**  
These are not webinars. To help facilitate discussion, spots are limited.



**Session schedule**  
Register for the session topic, date and time that is best for you.

- Stress & Resilience  
**April 9 at 10 a.m. & April 16 at 2 p.m.**
- Child/Teen Concerns  
**April 9 at 1 p.m. & April 16 at 10 a.m.**
- Leading & Managing Employees  
**April 10 at 9 a.m. & April 15 at 1 p.m.**



**Register online at**  
**[www.4continuum.com](http://www.4continuum.com)**