DEC 2020

HelpNet webinar

EMBRACING LIFE'S CHALLENGES

Adversity in life is inevitable whether the circumstances are death, illness, divorce, job loss, financial or deployment. This webinar will provide encouragement and the resources necessary to "reboot" and face the future one day at a time.

AVAILABLE ON DEMAND STARTING DECEMBER 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.

