

# AVOID HOLIDAY HEADACHES

Take Care of Yourself This Season



November 2020

## SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

The holidays can bring out a wide array of emotions. Extra responsibilities, events and time with loved ones can be both exhilarating and exhausting. It's important to find the right balance to be sure you can enjoy the season.

SupportLinc provides confidential counseling, resources and referrals to provide you with tools for thriving during the holidays.

## WEBINAR

'Tis the Season: How to Survive the Holidays

Available November 1, 2020

Located in the Monthly Feature Tile

Learn how to take on this season with tips, tricks and healthy coping skills to manage holiday stress.



CHRISTIAN  
BROTHERS  
SERVICES

SUPPORT  LINC  
EMPLOYEE ASSISTANCE PROGRAMS

## PHONE

1-888-881-LINC (5462)

Confidential Assistance

24 Hours a Day, 365 Days a Year

## WEB

[www.supportlinc.com](http://www.supportlinc.com)

## MOBILE

