

NEW BEGINNINGS

Committing to a Fresh Start



December 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Every sunrise means another opportunity for self improvement, and the new year provides a perfect starting point for making positive changes. No matter the challenges you might face, cultivating healthy habits and reducing stress may be easier than you think.

SupportLinc provides confidential counseling, resources and referrals to help you commit to new beginnings in the new year..

WEBINAR

Healthy Living: Strategies to Improve Your Overall Wellbeing
Available December 1, 2021
Located in the Monthly Feature Tile
Learn physical and mental aspects of maintaining a healthy lifestyle.



CHRISTIAN BROTHERS SERVICES

SUPPORT  LINC
EMPLOYEE ASSISTANCE PROGRAMS

PHONE

1-888-881-LINC (5462)
Confidential Assistance
24 Hours a Day, 365 Days a Year

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