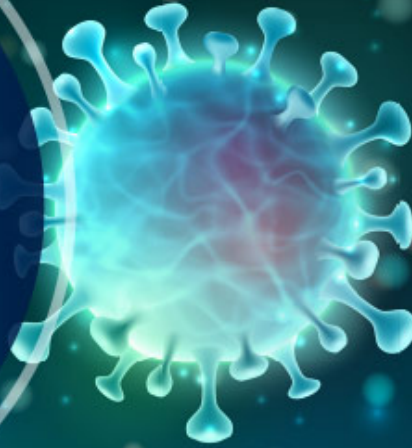


# COVID-19 We're here when you need us most

Join us for a special  
**FREE** webinar!



**August 6, 2020**  
Register now. Choose a time:

10:15 am (ET)

4:15 pm (ET)

## Charting Rough Seas: Strategies for the Upcoming School Year

With the new school year quickly approaching, families with children of all ages are experiencing a wide range of challenges and emotions as they navigate this complex situation. Identifying what is within your control and how to set up your family for success can have a positive impact on both you and your children in the months ahead, helping to more effectively cope with changing scenarios and related anxiety.

Join us for this brief webinar to discuss successful strategies and supportive resources for families as the new school year begins.

### Attend our FREE webinar:

- Address ongoing challenges
- Tools and techniques to manage stress
- Prepare for an uncertain future

### Topics to be covered:

- Identifying available support
  - Coping with changing scenarios
  - Creating an action plan
- ...and more

### Presenters:

**Cynthia K. Persico, CEAP, LMHC**  
Regional Vice President  
EAP+Work/Life Division  
Health Advocate

**Matt Verdecchia, MS**  
EAP+Work/Life Division  
Health Advocate

“We encourage attendees to participate and share ideas to help others remain resilient and emotionally healthy.”

