

## Handling a Family Crisis

## Date: 5/8/2024 Time: 12:30PM to 1:30PM CST

This class was created for managers supporting employees experiencing a family crisis. For employees going through a family crisis, this class will cover how to manage expectations and emotional exchanges that may occur while having challenging conversations. Participants will learn healthy coping mechanisms during times of transition, as well as how to address and get support with potential financial challenges.

> Our information, services and support programs are here for you with 24/7 access to help when you need it.



Help can be a call or click away!

## 1.833.539.7285

Register for this event at: **sowi.mylifeexpert.com** 

OR

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