

EMPLOYEE ASSISTANCE PROGRAM

YOUR EAP NEWSLETTER

AUGUST 2020



Back to School



Now partnering with Liberty
EAP

Back to School Stress:

If back to school preparations are getting you anxious you are not alone. This year will feel different for everyone. How can we support our children, when there is so much uncertainty about what their school year may look like. Here are a few tips to help ease the transition for you and your family.

1. Children often take their emotional cues from the key adults in their lives – including parents and teachers – it is important that adults manage their own emotions well and remain calm, listen to children’s concerns, speak kindly and reassure them.
2. Take five!! Five minutes to breathe, walk outside and get some fresh air or to just call a friend. Just try something for yourself, start with five minutes, it will start to feel less overwhelming and help you stay calm.
3. Be kind to yourself! Give yourself some grace. Try to understand that no one is feeling “on top of things” right now. It’s ok!

****And remember we’re here to help you. We mean that! You can reach out to CFLR anytime. Look below to see all the training you have available to you!**

Upcoming Events in September!

Free Virtual Narcan Trainings on 9/1, 9/8, 9/15, 9/22, 9/29, please email hyouda@cflrinc for our flexible times!

Active Parenting Classes and dad/male caregiver focused parenting classes, please contact lpatt@cflrinc.org for times!

Please join our recovery team for substance use related virtual chats on wellness, weekend connections (sober activity discovery), stress management, acceptance, or join our virtual family support group. Please contact ewiggins@cflrinc.org for more information!

Please consider our expert led professional training: Vaping 101. Please contact discio@cflrinc.org for more information!

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Center For Family Life and Recovery now partnered with
Liberty EAP