

FEBRUARY 2020



Managing Workplace Stressors

ONLINE SEMINAR

This session focuses on the professional or workplace items that could be causing you stress, providing you with information and strategies to address and manage these

Visit your home page starting February 18th

TOLL-FREE: 866-649-2392

Counseling: 800-445-3569

607-763-6474

WEBSITE: www.nyuhs.org/eap

USERNAME: CVCSD

PASSWORD: employee

Your Employee Support Program is there 24/7 with information and resources to help you work better, together.

If you do not know your sign-on information, please call:

607-763-6474