

EMPLOYEE
ASSISTANCE
PROGRAM
APR. 2017

Face the challenges of caregiving and avoid burnout by learning how to become more resilient in times of stress. Your Employee Assistance Program can assist you with a full selection of resources:

- Articles and tip sheets on caregiving and caregiver support
- Skill Builder training on self-care for remaining resilient
- Video on relaxation and meditation

STAYING POWER

Resilience
skills for
caregivers



Allegheny County Schools
Health Insurance Consortium

TOLL-FREE: **800-327-7272**
WEBSITE: www.lytleap.com
PASSWORD: **acshic**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.