

From: HCM Information

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To: HRA-Distribution-List <HRA-Distribution-List@hra.nyc.gov>; OCSE List <OCSEList@hra.nyc.gov>; Q-Office365UsersDHS <Q-Office365UsersDHS@hra.nyc.gov>

Subject: EAP On-going Weekly Remote Groups

EMPLOYEE ASSISTANCE PROGRAM (EAP) ON-GOING WEEKLY REMOTE GROUPS*

As part of EAP's commitment to be here for you and support you during these challenging times, they are offering the following groups through zoom:

- **Relaxation Techniques**
- **Grief and Loss**
- **Resiliency**

Please see the days and times below and the zoom links for each session which you can use to join the groups at the designated time.

Mondays, 8PM, Relaxation Techniques:

<https://zoom.us/j/628957315?pwd=SDJZTEJNZUh0wkIDY0R3QlhPZU5jdz09>

Wednesdays, 8PM, Grief & Loss:

<https://zoom.us/j/127065654?pwd=NXdxUTVuRmlNU3owZmFZZlFpZVY5UT09>

Fridays, 8PM, Resiliency:

<https://zoom.us/j/724333465?pwd=bmcxLzZhcXVxQzk2WjNzZ0ZEL3lvUT09>

*Supervisors and location managers are encouraged to print this email to post at your sites for essential staff.

In addition, if you would like to receive assistance from EAP you can call 212-306-7660 to leave a message, and one of the EAP counselors will return your call. If you would like to schedule an appointment, counselors are available for telephone or Skype sessions between the hours of 8:00 am – 9:00 pm, Monday through Friday. You may also e-mail eap@olr.nyc.gov. Remember, all information is free and confidential; and your eligible family members can receive services too.

You may also contact EAP if you have any questions concerning the groups.

Stay safe and well.