HOW THE EAP CAN HELP YOU DURING COVID-19

AWARE Stress based reduction webinars:

- Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic
  https://register.gotowebinar.com/recording/4923622270961351949
- Maximizing Your Day: Effective Time Management
  https://goto.webcasts.com/starthere.jsp?ei=1257379&tp_key=36dbac9ca4
- Virtual Roundtable—Transforming to a Virtual Team Overnight: How to Adjust to Remote Management
  https://register.gotowebinar.com/recording/5616097992977947649

Counseling:

- Clinical staff to provide virtual or telephonic referrals for counseling
- Work/life specialist to assist with referrals for child care and support groups

LEARN MORE ABOUT CLEMSON’S EAP PROVIDER, DEER OAKS, BY VISITING:
WWW.CLEMSON.EDU/HUMAN-RESOURCES/EAP