

Are your Employees *Only* Coping? Provide Them with Tools to Thrive!

Small Business Owner Dialogue:

Share the sources of stress for your organization and determine the well-being services that may be the best fit.

Ripple Effect of Well-Being:

Recognize and act on the importance of connections among your team and community.



Resilience and Thriving:

Identify warning signs of unhealthy coping and leverage the power of stress to tap into team resilience.

Empowered Health

Consciousness: Build commitment to healthy behavior and learn strategies to navigate workplace wellness.

Team Awareness Workplace Wellness Strengthen your Team

Contact Us Today!

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**National Council on Alcoholism and
Drug Dependence – Rochester Area**



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