

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



Team Awareness for Workplace Wellness **STRENGTHEN YOUR TEAM**

Small Business Owner Dialogue:

Assess stressors in your workplace and select 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, leverage the power of stress, and tap into team resilience.

Empowered Health Consciousness:

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

Contact Us Today!

For services in **Monroe County, Steuben, Genesee, Orleans, Erie Counties** and **more!**

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ncadd-ra.org

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