

We Support Your Business!



Ripple Effect
of Wellbeing



Resilience
& Thriving



Empowered
Health Consciousness



Team
Awareness

NY Workplace
Wellness Training

Have you noticed an increase in ...

- Employee stress, anxiety, and burnout?
- High staff turnover or talent acquisition challenges?
- Productivity concerns?

We can help!

- Confidential business owner/leader discussions
- Free workshops for supervisors and employees
- Skills to build team wellbeing and resilience
- Wellness resources, referral directories

ncadd-ra.org

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

Contact us today!

For services in **Monroe County, Steuben, Genesee, Orleans, Wayne, Ontario, Seneca, Yates, Schuyler, Erie and more!**

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**“When ‘I’ is replaced by ‘We’ even
‘illness’ becomes ‘wellness’”**

Charles Roppel, Director Mental Health Promotion, California
Department of Mental Health, 1984

