



EAP TOWN HALL SERIES

These are difficult times and The Employee and Physician Assistance Program (EAP) is offering monthly online talks focused on supporting your emotional and mental health.

We'll discuss topics such as resilience, communication struggles, anxiety, uncertainty, and a whole lot more to help you manage this new world we find ourselves in.

August 19th, 12:30pm – 1:15pm PST (TEAMS Live Event*)

Compassionate Communication in Trying Times

It's mid-year and we're still facing a lot of uncertainty regarding the pandemic, returning to work, and the state of our mental health. As leaders and co-workers, we need to refine our communication skills so that we are more compassionate, kind, and supportive of each other. Let's discuss how we can be there for each other through connection and collaboration.



**There are no call-in options for Live Events. Recording is made available by clicking on meeting link. No slides will be shared.*

Find the Town Hall link in the spotlight section of the EAP website: kp.org/eap

- Find past recordings and keep updated on future events.
- Copy and paste the *TEAMS Live Event* links to your calendar.
- Watch recordings by clicking on the same links.
- Call-in numbers are not available for Live Events.
- No slides will be shared.

