

COPING WITH THE HOLIDAZE

Tips for a Successful Season



November 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Extra events on the calendar and items to check off your To Do list can make the holidays seem more about stress than celebrations. Starting now can help you get organized so that you can relax and enjoy the season.

SupportLinc provides confidential counseling, resources and referrals to help you feel prepared as well as address a wide array of emotions that can be part of the holidays.

WEBINAR

'Tis the Season: How to Survive the Holidays

Available November 1, 2021

Located in the Monthly Feature Tile

Learn tips and tricks to take on the holiday season with ease.

PHONE

1-888-881-LINC (5462)

Confidential Assistance

24 Hours a Day, 365 Days a Year

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