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

WEB

www.supportlinc.com
Enter username: iu

MOBILE

[Scan QR Code]