

# Reframing Your Way Through 2022

## ONLINE SEMINAR

### Starting the year in the right mindset

Learn practical steps to use positive reframing strategies to guide your way through 2022.

### LET US HELP

Visit your home page starting January 18th

**WEBSITE:** [www.deeroakseap.com](http://www.deeroakseap.com)

**EMAIL:** [eap@deeroaks.com](mailto:eap@deeroaks.com)

**HELPLINE:** 866-327-2400

Always Available | Free | Confidential

JANUARY 2022

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

