



## Stress Management/Wellbeing Peer Circle – May/June Dates

**What:** Join EAP, in a supportive community where you can exchange ideas, spark motivation, and explore new perspectives on your overall well-being. Whether you're building healthier habits, looking for a moment to reset, or hoping to connect with fellow NIH colleagues, this group offers a space to unwind, recharge, and grow together. This will be an open, interactive forum, not a formal training, so please bring your ideas and tools for a candid discussion on addressing stress management.

**When:** The **Wellbeing Peer Circles** will focus on Stress Management and will be **offered virtually on Wednesday, May 13, 20, 27 and June 3, 10 and 17 - from 12:00 – 12:30 PM EST.**

**Location:** Virtual. Click on the link to join the session: <https://teams.microsoft.com/meet/22740742491689?p=xURhyi35AJGLi0jRrk>

\*Please make sure to paste the link in your calendar.

\*This session will be facilitated by a licensed clinical social worker.

**Please note:** These sessions are not intended as therapy. If you desire individual consultation, please contact NIH Employee Assistance Program at 301-496-3164 to request an appointment.