



Employee Assistance Program (EAP) February 2026 Live Webinar

THE POWER OF KINDNESS IN TRYING TIMES

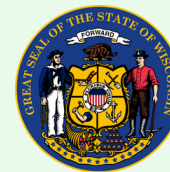
Join us on 2/11/2026 from
12:30 to 1:30 PM CST



WEBINAR DESCRIPTION:

In this uplifting seminar, participants will be equipped with self-reflective tools to define kindness in their own lives. We'll delve into the significance of embodying empathy and emotional intelligence as essential traits for everyone, exploring how kindness, those simple acts of goodwill, can transform our workplaces, homes, and communities. Join us to discover how even the smallest gestures can create ripples of positivity and connection!

The EAP is available 24/7 at 1.833.539.7285



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