Find More Peace this Holiday



Celebrate What Gives You Joy

Learn to rejoice in new ways that matter most to you

- Discover simpler ways to experience comfort and joy
- Rethink gift-giving to be more meaningful including gifts to yourself
- Create space and time for reflection and gratitude amid the activities

Remember, if you're feeling overwhelmed, an Employee Assistance Program (EAP) professional is here to help. Call for available counseling options such as: In-person • Phone • Text • Video • Chat

Plus...referrals are provided to additional resources, if needed.
In a crisis, we're here 24/7.

The confidential EAP+Work/Life program is provided by your employer or plan sponsor. You, your spouse, dependent children, parents and parents-in-law can all use the service.

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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It's OK to be OK. It's OK to not be OK. It's OK to ask for help.

855.424.8400

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/palmbeachschools

THE SCHOOL DISTRICT OF PALM BEACH COUNTY

HealthAdvocate℠