

Centering the Week with EAP

Email
Address
Required to
join!

Wednesdays
12:45pm by
Skype for
Business

Join Dr. Anna Kumor, EAP Director, for a short (15 minute max) weekly meditation by **Skype for Business**. Send your email address to **Robyn.Yee@ventura.org** to be added to the meeting invite. Participation is voluntary and should not interfere with work duties.

The Employee Assistance Program (EAP) provides free and confidential counseling services to County Employees and their dependent family members. For more information call (805) 654-4327.



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