

DECEMBER 2023

Accepting Change

Managing the stress of transitions

Change can be emotional and overwhelming, even when it is a positive change. We can help you process short-term change and ongoing change.

LET US HELP

TOLL-FREE: 88833-549-3277

WEBSITE: www.cmgassociates.com

PASSWORD: Newton



YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL