

Beyond Date Night

CREATING WAYS TO CONNECT

February is the month we celebrate love. And couples with lasting relationships know it's about more than boxes of candy or a bouquet of flowers. Sure, regular date nights are helpful, but prioritizing your partner, sharing new adventures with each other, and showing affection are also important to keep that spark alive. Your Employee Assistance Program can help you find ways to keep connected.

How Couples Counseling from the EAP Can Help Keep Your Love Alive

- Improve communication patterns
- Revive emotional intimacy
- Resolve conflict
- Build or rebuild trust
- Increased understanding between partners

TOLL-FREE: **800-633-3353**

WEBSITE

www.mygroup.com

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.



EMPLOYEE ASSISTANCE PROGRAM