

Renew Refresh Recenter



Just like we tidy up our homes in the spring, it's important to declutter our minds. Take time to let go of stress, release negative thoughts, and make space for positivity and renewal. Mindfulness can help you feel lighter, more focused, and ready to embrace new beginnings!

To make an appointment with a counselor, reach out to us at 800-526-3485



Solutions EAP provides **free, short term, and confidential** counseling for employees and their families.

