



Human Resource Associates
Employee Assistance Program

*Do you struggle with worry?
Does anxiety get in the way of your peace of mind?*

Managing Your Anxiety

“Worry often gives a small thing a big shadow.”
- Swedish Proverb

What: 4-week group

When: Tuesdays 5:30pm – 7:00pm

Date: March 19, 2024 – April 9, 2024 (4 sessions)

Where: 3 Atrium Drive (Entrance B) ~ Suite 200, Albany, New York

Cost: No cost. EAP services are a benefit of your employment.

Confidential: As always, the use of our services is confidential.

Registration is required by March 17. To register or for more information, email Alex Harnos at alex@hraeap.com or call 518-434-1799 ext. 1003.