



September 2010 Monthly Bulletin

Destination: a new reality and a new you. That's what transitions are all about – and life is full of them! Whether change is happy or sad, large or small, there are always hellos and goodbyes. Something is lost and something is gained. This month's spotlight is on navigating transitions successfully for growth and gain.

Horizon Health, your Employee Assistance Program (EAP), is available 24/7 with support, information, practical tools, & resources.

Transitions: Loss, Limbo and Lasting Change

Change – we've all heard it a million times! – is a constant in life. Winters give way to summers, children grow into adults, businesses open and close and so on. Some changes – like marriage, divorce or relocation – can be more disruptive than others.

More...

En Español

Transitions: Loss, Limbo and Lasting Change

Transitioning to New Child Care

A Reason for Rituals

Wearing White after Labor Day: The Scoop

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September Monthly Calendar

Contact Horizon Health for
24/7 access for you and your
eligible family members:

1-800-272-7252

www.horizoncarelink.com

Username:

PCS

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PCS

Transitioning to New Child Care



Feeling tense about changing your child's caregiver? Your child "reads" you more than you may realize. Children pick up on your body language, tone of voice and attitude. Read some helpful tips to help your child adjust. [More...](#)

En Español

A Reason for Rituals

With today's hectic lifestyles, we may not give much thought to the value of rituals. Rituals are meaningful in and of themselves. But they also serve a number of personal, family and societal purposes. [More...](#)

En Español

Wearing White after Labor Day: The Scoop

Fashionistas once made it clear: white must only be worn between the start of summer and Labor Day. This was perhaps one of the most sacred of fashion rules in days gone by! Find out a few possible explanations to this tradition. [More...](#)

En Español

Through Grief

Choose a session below and register today.

**September 14th @ 3PM EST
September 16th @ 12PM EST**

**Download a list of webinars
for September 2010.**

Here are 10 must-have items for the college student:

1. Zip-lock bags
2. First-aid kit
3. Sunscreen
4. Umbrella
5. Jump start battery kit
6. Plastic buckets
7. Flash drive
8. Backpack
9. A cell phone and a plan
10. A digital camera

Help Starts Here!

For help with personal or workplace issues, contact your Employee Assistance Program (EAP). These services are available to employees and their eligible household members 24/7/365. Convenient, confidential access at 1-800-272-7252.

This newsletter was brought to you by Horizon Health. Please do not reply to this e-mail, as it is an unmonitored mailbox. If you would like to speak to one of our consultants about this information, or feel you are in need of immediate assistance, please call (1-800-272-7252). Our telephonic assistance is available 24 hours a day, seven days a week, 365 days a year.