

## Supportive Wellness Services for Associates

Our Associate Wellness Wellbeing Manager can help with your emotional concerns & self-care goals including, but not limited to, stress management, coping skills, sadness, loneliness, anxiety, & health behavior goals.



**Individual Consultations are 45 minutes and include:**

- Stress assessment, management and referrals
- Personalized coaching to assist in creating healthy behaviors

**Unit Based Resiliency Programs are 30 minutes and include:**

- Wellness coaching and education for units and departments

***Appointment Availability:***

**Days:** Monday through Friday virtually

**Times:** 8:30am – 5:00pm (exceptions on occasion)

***For more information or to make an appointment contact:***

**Brenda Boatswain, Ph.D., CGP**

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