## AUGUST 2023



#### **Monthly Webinar:**

Money Pressures

## Getting out of money ruts

### "Digging Deep"

Trying to reach a financial goal or change something about your financial situation can be frustrating. We can help you explore practical strategies to form financial habits.

# For Login information, please contact Solutions EAP

PHONE: 800-526-3485 EMAIL: info@solutions-eap.com WEBSITE: www.solutions-eap.com

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#### SOLUTIONS EMPLOYEE ASSISTANCE PROGRAM

How to access these webinars:

- 1. Go to <u>www.solutions-eap.com</u>.
- 2. Go to "For Employees" and click the option listed as "Work-Life Services Online Login"
- 3. Click on the WORK-LIFE Solutions hyperlink under "Family Solutions"
- 4. Enter the Username and Password for your organization. If you need the username and password for your organization, give us a call at 800-526-3485.
- 5. On the homepage, scroll down to ONLINE SEMINARS and click "Read More: Online Seminars"
- 6. Scroll down to VIEW PAST ON DEMAND ONLINE SEMINARS and click the seminar you would like to take.
- 7. Click on the hyperlink with the name of the seminar. You can also choose to view the audiovisual transcript of the presentation if you would like.
- 8. After clicking the link for the course, you should be prompted to enter your name, email, organization, and EAP name (Solutions EAP).
- 9. Check your email for the course link, and enjoy!
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