



# Connecting

**LifeMatters® by Empathia offers 24/7/365 assistance with:**

- ▶ Improving parenting skills
- ▶ Strengthening a relationship
- ▶ Building rapport with colleagues
- ▶ Increasing your EQ
- ▶ Any other concern



**1-800-367-7474**

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Assistance with Life, Work, Family, and Wellbeing



Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.