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<td>Employee and Family Assistance Program (EFAP) - Depression Care, Trauma Care, Cognitive Behavioral Therapy</td>
<td>Employee and Family Assistance Program (EFAP) - Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change</td>
<td>Employee and Family Assistance Program (EFAP) - Reducing Stress in the Workplace (½ day workshop)</td>
<td>Employee and Family Assistance Program (EFAP) - Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change (½ day workshop)</td>
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<td>Employee and Family Assistance Program (EFAP) - Leading the Spells (Supporting Mental Health) (½ day workshop)</td>
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<td>Facing Facts Tip Sheets: Putting a Spotlight on Mental Health, Mental Health at Work, Early Recognition, Dispelling Myths of Mental Illness, When Stress Escalates, Is Stress Getting You Down? etc.</td>
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<td>Employee and Family Assistance Program (EFAP) Online – Taking Control of Your Anger</td>
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