



## BASIC SKILLS OF ADULTHOOD

Whether you're out on your own for the first time or facing a new life challenge, you need some basic skills to succeed. Learning to cook for yourself and doing minor home repairs is a great start. Then you can focus on other things like how to ask for what you want, learning to say "no," or how to handle an emergency. Your Employee Assistance Program can help you get an "A" in Life 101.

### ONLINE SEMINAR

#### DIY: Apps and Guides for Household Management

Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.

**Available on demand starting May 15th:**

**VISIT:** [www.sandcreekeap.com](http://www.sandcreekeap.com)

**CLICK:** Work Life Wellness Login

**ENTER COMPANY ID:** \*Can be requested via website

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.