

MARCH 2023



Maryland's Largest School District

**MONTGOMERY COUNTY PUBLIC SCHOOLS**

Expanding Opportunity and Unleashing Potential

## Set Boundaries and Boost Your Wellbeing

### ONLINE SEMINAR

In this session, we will explore what boundaries are, what they aren't, how to set them, and the benefits of having them. We will help you learn how to practice setting and adhering to your boundaries.

### LET US HELP

Visit your home page starting February 21st

IN-HOUSE EAP: 1.240.314.1040

WEBSITE: [www.montgomeryschoolsmd.org/departments/eap/](http://www.montgomeryschoolsmd.org/departments/eap/)

EXTERNAL EAP – KEPRO TOLL-FREE PHONE: 1.866.496.9599

KEPRO WEBSITE: [www.EAPHelplink.com](http://www.EAPHelplink.com)

COMPANY CODE: MCPS



### YOUR EMPLOYEE ASSISTANCE PROGRAM

Montgomery County Public Schools, in partnership with Kepro, offers a hybrid Employee Assistance Program (EAP) to assist in the management of workforce issues or personal challenges that may impact employee well-being. The EAP is available to offer a comprehensive approach to identifying issues impacting the employee and assist them in developing meaningful solutions.

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**