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SPONSORED BY THE HISD EMPLOYEE ASSISTANCE PROGRAM (EAP)



# Letting Go of the Things That Hold You Back

WEDNESDAY, DECEMBER 11, 2024 • NOON - 1:00 PM

<https://bit.ly/3D6ciTQ>



You may also go to the Benefits calendar at [HISDBenefits.org](https://HISDBenefits.org) to register.  
To learn more about your EAP benefits, call **ComPsych Guidance Resources** at 833-812-5181.

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