

As we come into the New Year, remember to be kind. Each of us has a life outside these walls and sometimes the stressors from outside work can impact our life at work. This is likely not intentional, but it is natural. We need to look out for each other. If someone you know seems like they are having a rough time, ask them about it (if you are comfortable, or in a position to do so) or talk to a supervisor you trust.

Please remember, there are resources available to provide care in challenging times. EFAP is available to all employees and their families. It can be accessed online or over the phone and offers access to several different counselors. Information on each counselor is available on the Walmsley website.