



# ADJUSTING TO THE “EMPTY NEST”



Lonely, relieved, depressed, anxious, excited—no parent can predict how he or she will feel when a child leaves home. Contact your employee assistance program (EAP) to help you prepare and deal with this bittersweet transition.

Contact your EAP for confidential counseling and assistance any time!

Contact your EAP today. The confidential service is available at any time, at no cost to you.

1-800-XXX-XXXX | [www.achievesolutions.net/xxxx](http://www.achievesolutions.net/xxxx)