1. **Title:** “Self-Care for Busy Parents” (October 15, 2020, 11am-12pm).

   Subject: This webinar has been developed for working parents and will present strategies for improving self-care, and psychological well-being in the midst of COVID-19.

   Presenter:
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   Check out our [EAP Brochure & A Guide for NIH Leadership](http://www.ors.od.nih.gov/sr/dohs/EAP)

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