



# EAP SUPPORT GROUP



Please join us for an opportunity to learn and to understand how Mindfulness can help with stress management during this unprecedented time.

**When:** Every Wednesday and Friday.  
(Beginning on 6/24/2020)

**Where:** Audit Center

**Time:** 12:00pm

Please bring your own lunch.

To RSVP-Please reserve your place with Jeff Lynch at **937-605-2763**

**Henry Kaminski is a Licensed Independent Social Worker (LISW) with over 30 years of clinical counseling experience, starting with his time at The Ohio State University Medical Center in the Dept of Psychiatry, The Comprehensive Group, and now Apex Counseling Services. He also provides EAP Consulting and Counseling via Optum Health and is an on-site EAP provider at Navistar in Springfield, Ohio.**

**Jeff Lynch got his start in behavioral health in the US Army training as a combat medic and in combat stress control. He is a Certified Employee Assistance Professional and DOT Substance Abuse Professional. He has been the Employee Assistance Program coordinator, a joint program between Navistar and the UAW, for 16 years.**