

Workplace Wellness

ONLINE SUPPORT

Over \$90 Billion in lost productivity for US Businesses due to employees coping with of life events including bereavement & life changes

(<https://www.griefrecoverymethod.com/blog/2017/07/grief-workplace>)

Grief is a universal aspect of life that happens when we experience profound change. Each person will respond in their own way. Not everyone needs counseling. Many folks benefit from understanding their own grief. **Chartreuse Center Programs** help folks learn about their new way of living and return focus on work, interests, relationships and life. Chartreuse Center Programs are research based, individually focused and flexible to incorporate into work/life responsibilities.

Flexible Employee Support

First 52

Add the First 52 to your Employee Bereavement Benefits. 13 months of weekly supportive emails through the first year of grief after the death of a loved one. \$39/registration

NewParent Morning Check-In

Birth, Adoption, Foster Placements and other new children in a home may bring forth Perinatal Mood and Anxiety Issues. Help Employees transition into Parents during Parent Leave. Group meets 2x/week. \$80/month

EmbraceYOU! Surviving FertilityTreatment

Facing infertility is as profound as other health issues such as cancer, heart disease and other chronic illnesses. Offer your Employees psycho-social tools and information as they explore their health and family building options. \$95/5 program bundle

Complete the Employee Wellness/Community Inquiry Form to get started at <https://forms.gle/eaVF3xLm8FNytaYc7>



**CHARTREUSE
CENTER**

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Chartreuse Center was founded in 2015 to offer specialized anytime, anywhere support for grief & fertility. Julie Blackburn recognized a gap in resource availability & barriers to services this while working in hospice bereavement & volunteering with RESOLVE. Julie is a licensed counselor in both Illinois & Indiana. She is a national speaker for grief & infertility and was a panelist for *Compassionate Leadership*, an international seminar.

