

AWP MONTHLY REMINDER – MARCH 2007

Alliance Work Partners (AWP) is available to assist you and your family in finding balance in work and life through education, resources, referrals, and counseling. Call us anytime, 24-hours a day. We can help.

Where Does Anger Come From?



Anger is the result of frustration and can be triggered by our interpretation of external events, internal thoughts, and memories. Anger can also result when we feel disappointed about life or don't know how to express our feelings. Anger turned inward may show up as depression. If you have difficulty with anger or depression and would like to learn ways to release those feelings in a positive way, call AWP. We can help.

Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336) • www.alliancewp.com

Happenings in March

March is the month to be aware of, or celebrate, the events listed below. Call AWP or search the Internet for more information about these topics. The sites below will get you started!

Mental Retardation Awareness Month:

<http://www.thearc.org/info-mr.html>

National Women's History Month:

<http://www.nwhp.org/>

Workplace Eye Health and Safety Month:

<http://www.preventblindness.org/news/observe.html>

Kidney Month:

<http://www.kidney.org/kidneyDisease/kidneymonth/index.cfm>



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