

EMPLOYEE ASSISTANCE PROGRAM

YOUR EAP NEWSLETTER

OCTOBER 2020



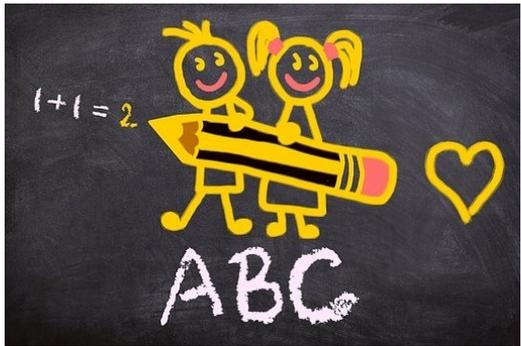
Now partnering with Liberty EAP

Back to School Survival Guide

I think we can all agree there hasn't been anything “normal” about 2020. Nothing highlighted the new abnormal more than how schools across CNY reopened. From all virtual to hybrid approaches, no two schools are the same. Parents are having to adapt as much as the kids. We are having to supplement and provide educational support in ways we never dreamed. So before we go any further let's give each other a round of applause, to all the caregivers, grandparents, aunts, uncles and older siblings who have all been helping students adjust to school in 2020! The saying it takes a village has never been more true! My village has been YouTube, I have found so many great resources for my son to help explain everything from prepositional phrases to exponents in math. I am including a few of our favorite channels to help you as well.

Mark Rober is a former NASA engineer and has a great [channel](#) devoted to all things Science.

[Crash Course](#) is a fast paced channel covering topics ranging from AP psych to Organic Chemistry. Its geared towards Middle school-er's and above. It's the perfect thing to have in your back pocket when your 10th grader needs help with Pre-Calculus.



Story Time [at Awnie's House](#) is a great way to buy yourself some extra time if you are juggling multiple kids. Tune into her channel to engage 6 and under with story time while you help an older sibling with school work.

[Free School](#) is a channel providing information on science, music, art and social studies. This channel is great for 7 and up.

And last but not least [Khan Academy](#) is my go to for all things Math. But the channel has so many topics: Biology, Art and Humanities, Computing, Science, Economics and test prep for the SAT's. Khan Academy also has a free website to offer support for all ages of students in all subjects. Check it out here to, [lessen your stress](#).

CFLR understands now more than ever your mental health is a priority! We have adapted our EAP counseling services to accommodate the new COVID-19 safety precautions. It's easy to set up an appointment just call 315-733-1709 or after 5pm 315-733-1726.

CFLR's Employee Assistance Program is pleased to announce our EAP Facebook page.

This FB page is a great place to check out what our amazing EAP companies are doing for the community and to find up to the minute events and programs available through CFLR.

www.facebook.com/CFLREAP/

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Center For Family Life and Recovery now partnered with Liberty EAP