



Lean on Claremont EAP

Claremont believes in equality and justice.

Staying centered, having empathy and engaging in difficult conversations about race can be challenging. We know that opening lines of communication is essential. That's why Claremont is an important part of your self-care toolkit.

Lean on Claremont EAP to help manage these challenging times and to develop coping strategies to manage and thrive.

Access your counseling visits with a licensed clinician to discuss a range of issues and emotions such as:

- Sadness
- Stress
- Grief
- Anger
- Frustration
- Loss
- Anxiety
- Fear
- Isolation
- Uncertainty

Claremont EAP provides free and confidential counseling, legal and financial consultations and work/life referrals.

800-834-3773

www.claremonteap.com

positivitycenter.org

For tools and guidance with the conversation about race, visit:
[National Museum of African American History and Culture - Talking About Race](#)