



A MESSAGE OF SUPPORT FROM OUR MAP REGARDING TRAUMA AND CURRENT EVENTS

"The war unfolding in Israel and Gaza has shaken the core of many throughout our community and the world. As we bear witness to the loss of innocent lives, and the horrors of war, we are reminded of our humanity, and that we must see ourselves in the faces others, and most especially those who are suffering as a result of these events.

While we are far away geographically from the traumas of this war, and the ongoing Ukraine war, anyone can be impacted by the news. We also must recognize that many colleagues are connected more closely and impacted more deeply. Many call this area of the world home, with family and loved ones currently vulnerable to the impact of war.

Reliable resources are available for you. For people seeking information, please consider sharing these links: [Talking-To-Children-About-Tragedies-and-Other-News-Events](#) and [Distressing Events](#).

C+FS EAP is dedicated to supporting environments where colleagues feel valued and supported. As a leader, we know you make mental and emotional safety a priority. Our EAP mental health professionals are ready to assist those who may need help processing the grief and pain related to these difficult and heartbreaking events. Please share our website: [Employee Assistance Program](#) and remind everyone that counselors are available for support 24/7 by calling 716-681-4300.

We will continue to hope for peace in coming days and weeks."