

Thrive and the Employee Assistance Program Present

The
HUDDLE

Providing a
listening ear;
leading groups
through relaxation
techniques
and stress
management
topics.

*“It was refreshing to talk to colleagues and
others...thank you for your help.”*

-Previous Huddle participant

Contact susan.robinson@omes.ok.gov to request a Huddle for your agency.



OKLAHOMA
Office of Management
& Enterprise Services



OKLAHOMA
Mental Health &
Substance Abuse