

Work-Life Wellness IOP

About the Program:

The **Work-Life Wellness IOP** is a short-term, evening program designed to help working professionals manage life stressors, work stress, relationship issues, and other challenges to rebuild your quality of life.

Specialties Include:

- Trauma
- Vicarious trauma experienced by first responders
- Developing healthy relationships
- Managing depression, anxiety, and life stressors
- Supporting a healthy work/life balance.

IOP Details

Meets: Tuesday,
Wednesday & Thursday

Time:
4:30 PM - 7:30 PM

Location:
28 Branford Rd. North
Branford, CT 06471

Call **(203) 800-7177** or visit **BHcare.org** to learn more.

