



5 FREE SESSIONS PER FAMILY
Available to you or any member of
your family. Total of 5 annual ses-
sions at no cost to you!

AVAILABLE SERVICES

COUNSELING

Provided only by Licensed
Mental Health Counselors.

FINANCIAL COUNSELING

Let us help you put a Financial
Plan in place.

LEGAL CONSULTATION

Up to a half-hour consulta-
tion via phone with an attor-
ney, for any issue other than
labor issues.

FAMILY SERVICE OF THE CHAUTAUQUA REGION EMPLOYEE ASSISTANCE PROGRAM

Offered FREE by your employer

What is an EAP?

Employee Assistance Programs are
an employee benefit offered by the
employer and is intended to help
employees deal with personal problems
that might adversely impact their work
performance, health and well being.

***COUNSELING CAN HELP!!**

***TOTALLY CONFIDENTIAL!**

***ITS FREE TO YOU OR ANY MEMBER OF
YOUR FAMILY**

Make good use of your EAP to work
through those personal or work
related issues that may leave you
stressed or tired.

- Marital or Relationship issues
- Family or Child –Related Problems
- Grief or Loss
- Eating Disorders
- Substance Abuse
- Work related problems
- Financial Distress
- Fear— Anxiety—Depression

FAMILY SERVICE OF THE CHAUTAUQUA REGION

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