



5 FREE SESSIONS PER FAMILY
Available to you or any member of your family. Total of 5 annual sessions 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 consultation via phone with an attorney 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 provided by the employer and intended to help employees deal with personal problems that might adversely impact their work performance, health and well being.

Use 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
- ⇒ Fear— Anxiety—Depression

***COUNSELING CAN HELP!!**

***ONE CALL DOES IT ALL**

***TOTALLY CONFIDENTIAL**

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

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