



Work

- Balancing Work & Family
- Time Management
- Working With Others
- Occupational Stress
- HR Assistance
- Manager Consultations
- Mediation Services
- Supervisory EAP Training

Emotional Well-Being

- Relationships
- Family/Parenting Issues
- Adolescent Issues
- Anxiety
- Depression
- Drug & Alcohol
- Stress Management
- Grief/Loss

Health & Wellness

- Financial
- Legal
- Child Care
- Adult Care
- Parenting
- Identity Theft
- Wellness Coaching
- Individualized Health Risk Assessments

**1.800.343.2186**



*Helping Organizations Retain Their Most Valuable Asset.*

*We spend the time, so you don't have to.*