

HAVING TROUBLE BALANCING WORK-LIFE CONCERNS?

In addition to the consultation, counseling and referral services provided for general personal and/or family concerns, your Employee Assistance Program (EAP) also provides free and confidential consultation and referral assistance for the following work-life concerns:

IN-PERSON CONSULTATION



Personal Budgeting

A financial counselor with experience in money management and credit counseling can help you or a family member develop more effective strategies for managing your personal budgets.



Nutrition Concerns

A Certified Registered Dietitian can provide you with professional consultation regarding nutrition concerns you might have, including concerns about the effects of certain foods on your energy level and/or emotional state, pros and cons of popular diets, and more. You may also visit the EAP website to submit questions about nutrition.

TELEPHONE CONSULTATION SERVICES



Legal Concerns

Need legal guidance about separation, divorce, contract disputes, or property transactions? Your EAP can connect you to a local attorney who can answer basic legal questions and provide free, confidential consultation and referral assistance.



Child Care Consultation

Your EAP can help you get information about the types of child care options that are available in your area. We can also provide suggestions for evaluating the quality of a childcare provider.



Elder Care Consultation

Need assistance in making decisions about an ill or elderly relative's care? Your EAP can provide support and guidance in identifying the various types of care available (home care, nursing home, etc.), as well as information about respite services for you and your family.

Alzheimer's Care Consultation

We can provide focused information and/or support to assist families caring for a loved one afflicted with Alzheimer's Disease.

PLEASE CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAM FOR MORE INFORMATION:



Buffalo/Erie County: (716) 681-4300

Outside of Erie County: (800) 888-4162

EAP.cfsbny.org