

## Benefit Spotlight: Organizational Consults

As part of your EAP Benefit, any member of your organization's leadership has the option to consult with our EAP Senior Clinical staff to discuss employee concerns or performance challenges. Given the complexity of human nature and today's world, it is not uncommon that supervisors and Human Resources encounter situations that are very challenging, including substance use, team building, and employee interactions, performance, and behaviors. Employee relations require a great deal of energy and time, and the EAP Senior Clinical staff may be able provide some new ideas and resources.

**The bottom line? If you have a concern about an employee, EAP may be able to help.** We are here to provide support to promote a healthy, happy workplace.

### What to expect during an EAP consult:

Discuss concerns with a neutral person, trained in human behavior and employee relations • Identify and explore your strengths as a manager • Explore previous attempts at resolving concern • Expand the understanding of your employee's behavior • Discuss effective language to addressing concerns • Develop a plan to address employee concerns (In accordance with HR and Organizational policies and procedures)

Call C&FS EAP at 681-4300 for an Organizational Consult

## Upcoming Events:

*Supervisory Training, Orientations, and More*

[Click HERE for our EAP Events Calendar](#)

### Supervisory Training

Wednesday, December 16, 2020, 12:00-1:00 PM  
[REGISTER HERE](#)

### C&FS EAP Benefits Orientation

Wednesday, December 2, 2020, 3:00-3:15 PM  
[REGISTER HERE](#)

Wednesday, December 16, 2020, 10:00-10:15 AM  
[REGISTER HERE](#)



**Webinar Series:**  
Weathering the Storm of  
Uncertainty: Support through the  
Holiday Season and Pandemic

### Grief and the Loss of Normalcy

*In this presentation, we will discuss how the holidays may intensify feelings of grief and loss, explore the loss of normalcy during COVID, and find a path to adaptation and resilience*  
December 2, 2020, at 12:00-12:30 PM  
[REGISTER HERE](#)

### Preparing Your End-of-Year Finances for Tax Season

*In this presentation, we will discuss how the holidays may intensify feelings of grief and loss, explore the loss of normalcy during COVID, and find a path to adaptation and resilience*  
December 3, 2020, at 12:30-1:00 PM  
[REGISTER HERE](#)

### Keeping Children Safe on the Internet During the Pandemic

*This presentation for parents, guardians, and communities introduces audiences to new online risks during the pandemic and risks that have*

## Charting New Territory: When to seek help

In this presentation, you will learn to identify and notice signs and symptoms of complicated stress. We will highlight and explore useful tools and resources to find relief and hope

December 9, 2020, at 12:00-12:30 PM

[REGISTER HERE](#)

Featuring  
**Lidia Snyder, LMSW, RYT-500, TCTSY-F,**  
**and Megan Andrews, LCSW-R,**  
**Assistant Director of C&FS EAP**

Click [HERE](#) to watch Part 1 in this Series:  
**Waves of Uncertainty: The Basics of COVID  
and holiday stress**

Click [HERE](#) to watch Part 2 in this Series:  
**Gearing Up for the Holidays**

been growing in severity during this time of crisis, including Cyberbullying, revealing too much information, sexting, and online predators. Audiences will learn how to establish rules and guidelines at home, to communicate with their children, and to consider filtering and monitoring options.

December 16, 2020, at 12:30-1:00 PM

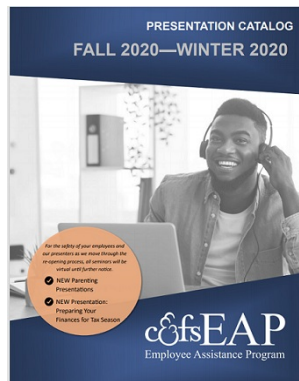
[REGISTER HERE](#)

## \*\*Check out our NEW Resources for Leaders page on the EAP website

which features helpful resources and ON DEMAND webinars for managers and supervisors, including:

- Addressing Employee Mental Health and Family Safety Concerns
- Leading Virtually During this Time of Crisis

[Click Here for C&FS EAP Resources for Leaders](#)



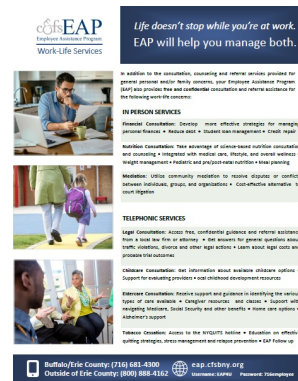
## Schedule EAP Presentations Today

Our EAP Presentations are virtual, engaging, and and designed to:

- Reduce stress
- Build foundational workplace skills
- Increase employee awareness on specific topics
- Increase activity and engagement
- Keep employees safe

[Click Here for Presentation Catalog](#)

[Click Here to Schedule a Presentation](#)



## Update Your Promotional Materials

Call C&FS EAP at 681-4300 to request materials for your employees.

The more visible C&FS EAP is within your organization, the more likely employees are to know about and utilize EAP services. We provide many promotional items, including:

- [Double-sided flyers](#)
- [EAP Posters](#)
- [EAP Tear-Off Posters](#)
- Program Postcards and Wallet Cards
- C&FS EAP Pens
- [Printable Newsletters and Mindful Moments](#)

## Join our C&FS EAP Mailing List

Be the first to know when we send out employee communications, including newsletters and mindful moments, and event information and updates. Signing up for our e-mail list is 100% confidential – we will not share your information with your employer or any other organization.

[Click here to join the C&FS EAP General Mailing List](#)