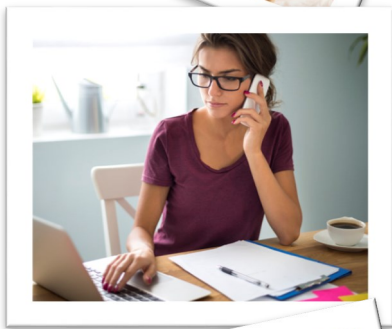


# c&fs EAP

Employee Assistance Program

2020 Benefits Reminder



## Welcome to 2020!

Please remember that you and your household members are eligible to receive **FREE** and **CONFIDENTIAL** services through your employer sponsored EAP, including:

- 24/7 Telephonic Crisis Counseling
- Solution Focused Counseling Services with a Licensed Clinician (1-4 sessions)
- Nutritional Consultation
- Financial Consultations (up to 3 hours)
- Legal Consultation
- Smoking Cessation program
- Elder Care Consultation
- Child Care Consultation
- Mediation and Conflict Coaching

**C&FS EAP has two convenient office locations, with daytime as well as evening appointments available to accommodate your schedule.**



Visit the EAP website for a description of EAP Services and to request an appointment at [EAP.cfsbny.org](http://EAP.cfsbny.org)

**Buffalo/Erie County: (716) 681-4300**

**Toll Free Calls: (800) 888-4162**