



Employee Assistance Program

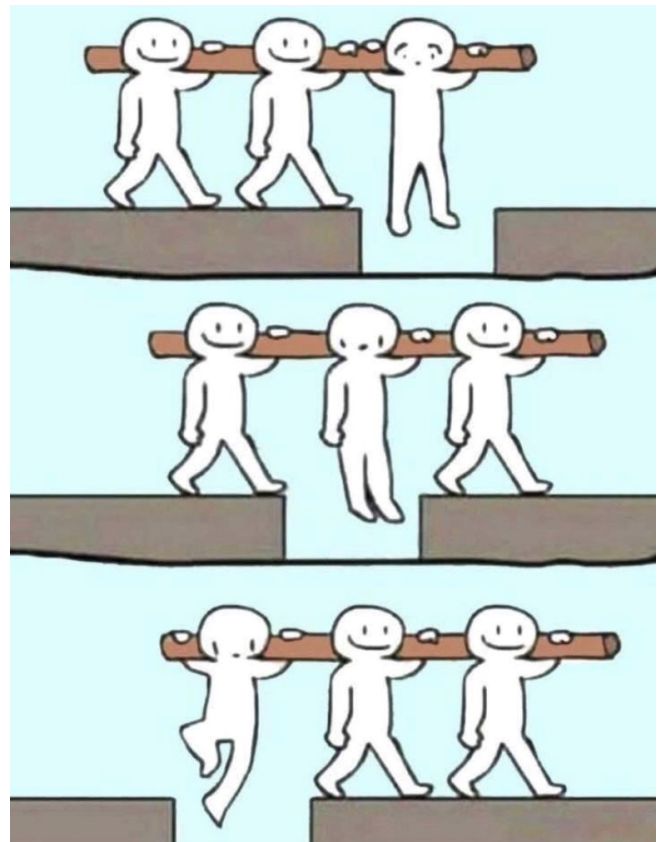
For a PDF of this Mindful Moment, [Click HERE](#)

Mindful Moment

Stronger Together

Work is more productive, families find more peace, and communities grow stronger when we work together. Here are a few ways to encourage unity in your world:

1. **Look for ways to help others** - whether you hold the door for a stranger or volunteer for your favorite charity, you will find satisfaction in knowing you are contributing to the greater good.
2. **Respect and encourage differences** - be curious about the things that make us different, and be willing to share your unique style with others too!
3. **Look for the positive** - try to find the silver lining in every experience you have. You learn to pick yourself up by falling down sometimes.
4. **Give people the benefit of the doubt** - be generous with your assumptions of others. You may not be aware of circumstances impacting them, so assume the best.



Upcoming General Benefit Orientations

The Employee Assistance Program is a service that provides counseling, consultation, information and referrals for issues and problems that affect employees at home or at work. Services are available 24 hours a day, seven days a week, to employees and individuals in their household.

In this orientation, employees will learn about their access to:

- Professional, in-person counseling sessions
- 24-hour telephone access for personal or family crisis
- Financial consultation
- Nutrition consultation
- Legal consultation
- Mediation
- Child Care Consultation
- Elder Care and Alzheimer's Consultation
- Tobacco Cessation
- Assessment and referral to community resources for specialized services

General Benefit Orientation
Thursday, February 11, 2021
12:30-12:45 p.m.

Register [HERE](#) for February 11th EAP General Benefit Orientation

General Benefit Orientation
Tuesday, February 23, 2021
12:30-12:45 p.m.

Register [HERE](#) for February 23rd EAP General Benefit Orientation

General Benefit Orientation
Wednesday, March 10th, 2021
12:30-12:45 p.m.

Register [HERE](#) for March 10th EAP General Benefit Orientation

Contact C&FS EAP

Learn More About Your EAP Benefits

Sign up for our C&FS EAP Employee Mailing List for newsletters, upcoming event information, and more!