

The EAP program offers services that support your well-being and resilience in work and life. There is no cost to you, no registration, and is completely confidential. For more information or to access benefits, call **800-638-3327** to speak with a counselor and be connected with services.

Visit the EAP website for a wealth of information www.feieap.com username: **monterey**. Register for the monthly webinar on a variety of topics; or listen to a replay in the archive.



Counseling Benefit

Up to 3 sessions per incident for you or your dependents can help you

- Alleviate emotional stress
- Enhance interpersonal relationships
- Address family/parenting challenges
- Address substance abuse
- Manage strong feelings
- Build on personal strengths
- Navigate life transitions
- Work through grief and loss



Work-Life Benefit

Unlimited offers consultation and referrals for

- Child care
- Adoption
- K -12 & Higher Education Resources
- Elder care
- Dependent care



Legal Benefit

One consultation per issue; unlimited issues helps with

- Bankruptcy, foreclosure
- Home sale/purchase or lease agreement
- Separation or divorce
- Adoption
- Child custody/child support
- Simple will
- Traffic, civil or criminal matters
- Elder law
- Legal document review
- Simple dispute resolution
- Online legal content and document library



Financial Benefit

One consultation per issue; unlimited issues helps with

- Managing expenses and debt
- Preparing a realistic budget
- Dealing with tax-related questions
- Planning for retirement
- Identity theft solutions
- Investing in a college education
- Student loan coaching
- Home purchase education
- Credit report review
- Online financial resource center