



EMPLOYEE ASSISTANCE PROGRAM

During these unprecedented times, I'd like to remind you all that we belong to an Employee Assistance Program (EAP). Their website is full of information on many topics including wellness, finance, pet help, legal forms and much more.

If you have not done so, please consider creating an account with them (see attached) to start taking advantage of the many resources, including the COVID-19 Resource Center (see attached), that the EAP program offers free of charge to us employees. The site is easy to use and offers articles, webinars, videos and even one-on-one coaching on a variety of topics. There is also, if you prefer, a phone number listed that connects employees directly with a counselor.

If you have trouble logging in or have any questions, please let me know.