

EMPLOYEE ASSISTANCE PROGRAM

HAVE YOUR BEST SUMMER WITH HELP FROM WORK-LIFE SERVICES



Trying to manage daily responsibilities and life events can be a real challenge at times. Through EAP, you have access to Work-Life Services to help you navigate everything from finding summer camps and child care, to planning family vacations and tackling home improvement projects. Work-Life specialists are available 24/7/365 and are equipped with expert knowledge so they're prepared to help with whatever you may be facing, even your most complex, one-of-a-kind issues.

Work-Life can help with the following topics:

- Summer camp and community programs
- Child care and parenting
- Education services
- Work & family
- Home improvement and moving services
- Discounts on theme parks and entertainment
- Flights, cruises, car rentals, and hotels
- Pet sitters and walkers

Visit eap.calhr.ca.gov or call 1-866-EAP-4SOC to learn more about EAP services.

Visit eap.calhr.ca.gov or call today to get help with topics such as:

Work-life balance	Living healthier
Health & well-being	Emotional wellness
Family & relationships	Stress & balance
Grief & loss	Workplace support

Your resource for help with daily challenges and difficult situations.