

How our Employee Assistance Program Can Help You and Your Family Make Life Much Better

During our lifetime we all experience different degrees of stress, which may be accompanied by some very disruptive problems. The longer we go without managing and resolving these problems, the more difficult it becomes to create good solutions and cope with life.

Stress is a physical response to an undesirable situation and it has the potential to control your life. Usually it is the perception and interpretation of the situation that causes stress.

It's times like these that you should seek the services of Inroads at Family Guidance Center, offered at no expense to you, by your employer. We will help you feel and perform better by improving your situation both on and off the job. We'll provide professional support to identify and quickly resolve your problem with healthy solutions that last. With our assistance, you can feel confident and happy again.

"People report that one of the most common sources of stress can be work. About 70% of working people feel 'used up' at the end of the day and 50% describe themselves as highly stressed. It doesn't have to be this way."



You are assured of complete privacy

Your employer's contract with Inroads at Family Guidance Center provides for **absolute total confidentiality.**

You may contact Family Guidance Center yourself, at any time. Your information will not be shared with anyone, nor will it become part of your employment record. If you are referred by your manager, information about the problem and treatment will only be released if authorized in writing by you.

You truly benefit

Your initial Inroads at Family Guidance Center consultation and evaluation, plus a predetermined number of sessions, are a **fully-paid company benefit for you and your covered family members.**

This benefit may be enough to help you solve the problems at hand and make life better, *on and off the job.*

Service beyond your EAP benefit may be covered, in whole or in part, by your health insurance. For those without insurance, Family Guidance Center can offer a sliding scale fee based on family size and income.

Your problem may become worse unless you make this call...

610-374-4963 or 800-255-5998

Simply press 7 for EAP. Then, give us the name of your employer. You will be told the number of sessions as well as who in your family is covered by your program. You're now on your way to discovering how much better life can be—*at home and at work!*



Family Guidance Center offers counseling to help manage and master your work concerns and daily life problems, such as:

- Adaptation to illness or physical limitations
- Alcohol / substance abuse
- Anxiety / depression
- Child or adolescent behavioral problems
- Elder care and / or child care problems
- Financial distress
- Gambling / other lifestyle addictions
- Grief and loss
- Legal concerns
- Management of anger and other emotions
- Marital distress / family difficulties
- Spousal abuse / family violence
- Workplace stresses / conflicts on the job

Our counselors use proven counseling interventions that help you resolve issues and create workable solutions for yourself and your family members. We offer over 35 years of experience in successful problem resolution of work and life concerns through our Employee Assistance Program.

Family Guidance Center

Family Guidance Center is a private, non-profit, United Way Agency, serving the community since 1902. Our mission is "to provide counseling services designed to empower people to improve the quality of their lives".
We offer:

- A track record of over 35 years of experience with Employee Assistance Programs (EAP)
- Licensed, Master's degreed counselors and certified addictions specialists, trained and experienced in personal and workplace issues
- Bilingual and bicultural counselors
- A credentialed network of over 600 providers spanning 38 states
- Local offices located in Wyomissing, Boyertown, and Hamburg
- 24-Hour emergency access



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*Making
Life Better
at Home
and at Work*

Help is a phone call away

- *Professional counseling & consultation*
- *Effective Solutions*
- *A no-cost benefit for you*