

YOUR EMPLOYEE ASSISTANCE PROGRAM

DEER OAKS EAP IS A RES

Connesing: Referrals are made to our mental neath towards in the United States for Professo American Countering is also available via coverings telephonis dee, and SMS text. Assessments & Support: All cinical EAP cases receive lephonic clinical assessment. In-the-moment telephon crisis intervendion are also available 24/7.

Community Resources: Counseloss provide referrats to resources, member health plans, support groups, lega and child/elder care services.

QUIT SMOKING CAN HELP YOU Your EAP

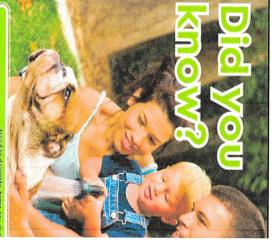
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Creating Stranger Statementupe	Support for Caraginass	Postave Emptional Health	Making the Best Use of Your Time	Tooks for Financial Wellberry	Managing Pressure and Balancing Priormes	Mindfuhress and Focus	Priorating Wellbuirg	Resilience	Respecting Each Other	Recophoring a Mee'd for Support	Workptace Relaboration	THEME
Examining Relationships: Healthy vs. Unineality Available on Demand Starting Dec 17th	The Sandwich Generation: Meeting the Challenges of Multipenerational Caregining Available on Demand Starting Nov 19th	Emotional Wellness: Building Better Mental Health Auslable on Demand Starting Oct 19th	Memogenent Available on Demand Starting Sep 17th	Effective Budgeting Available on Demand Starting Aug 20th	Making a Life While Making a Living: Work Life Balance Available on Demand Starting Jul Leth	Mindfulness Matters Available on Demand Starting Aun 18th	Heathy Mend Toolest Available on Demand Starting May 21st	Understanding Residence Available on Demand Starting Apr 16th	Interpersonal Communication: Social Shift for Success Available on Demand Starting Mar 19th	Mental Health First Aid Available on Demand Starting Feb 19th	Building Positive Relationships at Wark available on Demand Starting Ian 15th	ONLINE SEMINAK
Examine different types of relationships – from family and finensiship, to remarks, and professional – while learning to recognize healthy and unhealthy relationships.	identify common family dynamics, gran integht on knowing when it's time for additional caregiving appport resources, and explore self-care techniques.	Gain coping strategies for dealing with adversity in a constructive way, and develop structured mechanisms for building better mental health.	Better understand basic tane management principles and what characteristics make effective time managers.	Develop better skild for tracking spending, reducing debt, and developing a personal plan for financial success.	Identify strategras to be more effective and more satisfied with both home and work fives.	Explore basic mindfelness principles and learn some techniques that you can put to immediate use.	Learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in your "healthy mind tooks."	Delve into techniques for becoming more resilient, and understand that the first step is admowledging one's own feelings.	Epicre verbal and nonverbal communication to better understand how eterpersonal communication may be interpreted by others.	Recognize the signs of someone who might be facing emotional conterns, and learn best practices for offering support.	Examine patterns in our workplace relationships and how we can after our approach to make them positive.	DESCRIPTION Seminatrican be found on your home page, or you can search for them by trie





Program Pro

- Topical flyers Monthly employee ε Monthly supervisor



Program Pricing

Pricing by Employer Size

<u>1-300 employees</u> - 3 visit model - annual flat fee: \$3500 - 6 visit model - annual flat fee: \$5000

301+ employees - 3 visit model - \$1.20 PEPM - 6 visit model - \$1.33 PEPM

