$\underline{\mathbf{E}}_{ ext{MPLOYEE}} \underline{\mathbf{A}}_{ ext{SSISTANCE}} \underline{\mathbf{P}}_{ ext{ROGRAM}}$

It is a <u>free</u> service to all City of Auburn employees who might need to utilize some of these services in confidence with no limit on sessions by Professionals:

- > 24 hour emergency coverage
- > All family members included
- > Emotional Problems
- Personal/Relationship Troubles
- Professional Issues
- Stress
- Financial Legal Problems
- Grieving
- > Loss of a loved pet
- Understanding the college process
- ➤ Child/Elder Care
- > Hypnosis for stress or help quitting bad habits
- Parenting
- Divorce
- Alcohol/Drug Problems
- Family Issues
- Employee Orientation Sessions
- Supervisory Training
- Web services
- Skype Counseling
- ➤ E-mail Counseling
- > 6 Area Office locations (Newark, Auburn, Geneva, Canandaigua, Clifton Springs, and Waterloo)
- ➤ House Calls and Office Calls
- ➤ Wellness Trainings (of your choice)
- On-site Management Consultation
- > Professional Life Assistance
- Professional Personal Coach
- ➤ Workplace Mediation

To make an Appointment call: (585)-506-5187

Email: ppontiu I@rochester.rr.com

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