

Center for Family Life and Recovery, Inc.
 Employee Assistance Program Main office is located at 502 Court Street, Suite 401, Utica.
 Satellite locations with additional hours ensures there's a location near you!

Day and evening appointments for in-person or telephonic counseling may be scheduled by calling us at 315.733.1726 or 1.800.729.6822. All sessions are 'by appointment only.'



Visit our website:
www.WhenTheresHelpTheresHope.com



Employee Assistance Program
 502 Court Street, Suite 401
 Utica, NY 13502



My Appointment

Date: _____ Time: _____

Office Location: _____

If you are unable to keep your appointment, please contact us as soon as possible. 315.733.1726 or 1.800.729.6822



Guidance from a trained professional can make all the difference.

Employee Assistance Program

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Small problems grow into large ones and it may be unclear what to do. We can help.

At times, personal and work-related issues may be difficult to handle. Guidance from the Center for Family Life and Recovery, Inc. Employee Assistance Program can help you to understand clearly how to take the next step. Employee Assistance provides confidential help with a range of problems that can **impact you or your family member's ability to cope effectively at home or at work.**

Some of the more common reasons employees and their covered family members use Center for Family Life and Recovery, Inc. Employee Assistance Program may include:

- ☞ Work-related concerns
- ☞ Mental health issues including depression
- ☞ Alcohol and other drugs
- ☞ Grief and bereavement
- ☞ Family and other relationship issues
- ☞ Stress related and chronic illness
- ☞ Child and adolescent issues

Center for Family Life and Recovery, Inc. Employee Assistance Program

Employee Assistance is a free counseling service that can help employees and their covered family members by:

- ☞ Evaluate you or your family member's reason for coming to our program during an initial visit or two.
- ☞ Recommend the appropriate form of intervention or treatment.
- ☞ Helps you to create a plan of action you feel comfortable with to address your concerns.
- ☞ Can assist you in finding local resources that can help.

Employee Assistance also offers specialized services for employers:

- ☞ Critical Incident Stress Debriefings, an on-site Counselor that can help employees who have experienced trauma in the workplace.
- ☞ Interactive, on-site trainings are available for employees on a variety of topics including Stress Management, Communications, Teambuilding, and more (see our extensive catalog!).
- ☞ Best of all, support for management through consultation. Peace of mind can be yours!



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