

You're Invited

Employee Assistance Program (EAP) Open House:

Wednesday October 19th 12-2 Beaumont 401

Drop in & Learn How We May Help

- ☐ Provide useful information to you or your loved ones
- ☐ Assess problems (free & confidential)
- ☐ Offer referrals to community resources
- ☐ Offer opportunities to promote campus wellbeing

Employee Assistance Program (EAP)

The New York State Employee Assistance Program (EAP) is a worksite-based program designed to help state employees deal with the everyday issues involved in balancing work and life, as well as more serious problems that may impact work performance. This benefit is available to SUNY Plattsburgh employees, retirees, and their families and is sponsored jointly by labor and management. Completely free and confidential.

Kim McCoy Coleman, *Employee Assistance Program Coordinator*

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(518) 564-EAPP (3277)

Refreshments *** Resources ***** Free Gifts**