

**Inroads at Family Guidance Center offers counseling to help manage and master your work concerns and daily life issues such as:**

- Adaption to illness or physical limitations
- Alcohol / substance abuse
- Anxiety / depression
- Child or adolescent behavior problems
- Elder care / child care problems
- Financial distress
- Gambling / other lifestyle addictions
- Grief and loss
- Legal referral
- Anger management
- Marital distress / family difficulties
- Spousal abuse / family violence
- Workplace stress / conflicts on the job
- Personal and professional growth

**Our counselors use proven clinical interventions that help you resolve issues and create workable solutions for you and your family members. We offer over 40 years of experience in successful problem resolution with work and life issues through your Employee Assistance Program.**

Family Guidance Center is a private, non-profit, United Way member agency, serving the community since 1902. Our mission is "to promote and support the personal and professional growth of individuals by providing quality and culturally relevant services that empower people to improve the quality of their lives." *We offer:*

- A track record of over 40 years of experience with Employee Assistance Programs (EAP)
- Licensed, Master's level 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 in Wyomissing, Boyertown, Hamburg, and Kutztown
- 24-Hour emergency phone access



1235 Penn Ave. Suite 206  
Wyomissing, PA 19610  
P: 610-374-4963 option 7  
P: 800-255-5998 option 7  
F: 610-378-5403

[www.familyguidancecenter.com](http://www.familyguidancecenter.com)



## **Making Life Better at Home and at Work**

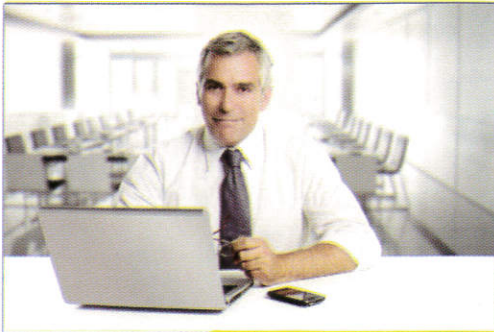
- ◆ Professional Counseling & Consultation
- ◆ A No-Cost Health Benefit for You
- ◆ Support is a Phone Call Away





# Your Employee Assistance Program

## (EAP)



### Effective Solutions

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

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

### Complete Privacy

Your employer's contract with Inroads EAP provides for *absolute total confidentiality*.

You can contact your EAP directly, 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 employer, information about your attendance, cooperation, and recommendations will only be released to your *employer* if authorized in writing by you.

### One of Your Health Benefits

Your initial 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 issues not covered by your medical insurance, your counselor will assist you in getting connected with appropriate services.

### Act Now

**Make this call and start feeling better now:**

**610.374.4963, Option 7**

**Or 1.800.255.5998, Option 7**

Give us the name of your employer and we will tell you the number of sessions in your plan 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!