The EAP program offers services that support your well-being and resilience in work and life. There is no cost to you, no registration, and is completely confidential. For more information or to access benefits, call **800-638-3327** to speak with a counselor and be connected with services.

Visit the EAP website for a wealth of information [www.feieap.com](http://www.feieap.com) username: **lcc**. Register for the monthly webinar on a variety of topics, or listen to a replay in the archive.

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**Counseling Benefit**

Up to **8 sessions** per incident for you or your dependents can help you

- Alleviate emotional stress
- Enhance interpersonal relationships
- Address family/parenting challenges
- Address substance abuse
- Manage strong feelings
- Build on personal strengths
- Navigate life transitions
- Work through grief and loss

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**Work-Life Benefit**

Unlimited offers consultation and referrals for

- Child care
- Adoption
- K-12 & Higher Education Resources
- Elder care
- Dependent care

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**Legal Benefit**

One consultation per issue; unlimited issues helps with

- Bankruptcy, foreclosure
- Home sale/purchase or lease agreement
- Separation or divorce
- Adoption
- Child custody/child support
- Simple will
- Traffic, civil or criminal matters
- Elder law
- Legal document review
- Simple dispute resolution
- Online legal content and document library

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**Financial Benefit**

One consultation per issue; unlimited issues helps with

- Managing expenses and debt
- Preparing a realistic budget
- Dealing with tax-related questions
- Planning for retirement
- Identity theft solutions
- Investing in a college education
- Student loan coaching
- Home purchase education
- Credit report review
- Online financial resource center