



## **EMPLOYEE ASSISTANCE PROGRAM**

E.A.P. Perspectives Inc., partnering with the Brockville and District Chamber of Commerce, is offering an Employee Assistance Program for Chamber Members to provide Confidential Professional Counselling for their employees and their families.

### **Why do we need it?**

We all have problems now and then. Most of the time we are able to handle them ourselves. However, sometimes we don't know what to do and our lives become unsatisfying in some way - exactly how or why is not always clear. We may feel upset by situations or relationships which were once comfortable. If not remedied, these problems can persist and negatively affect our home life and/or our ability to function on the job.

The Brockville and District Chamber of Commerce has recognized the fact that the emotional well-being of Chamber members, their employees and their families is very important. The Employee Assistance Program's trained professional counsellors work to meet this need.

### **Confidentiality**

The program is 100% confidential except by law (subpoena, child abuse). The counselors are in private practice and do not report back to the employer. Counseling is provided by a professional counselor of E.A.P. Perspectives Inc. Records are the property of E.A.P. Perspectives Inc.

### **What Types of Problems?**

- Family Conflict Resolution
- Separation
- Custody
- Pre-retirement Planning
- Distress
- Stress Management
- Sexual Concerns
- Abuse
- Divorce
- Alcohol and Drug Problems
- Legal Concerns
- Grief Management
- Single Parenting
- Esteem Issues
- Depression Anxiety
- Child/Adolescent Behavior