



Did You Know?

YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP) CAN PROVIDE YOU WITH SUPPORT AROUND MARITAL & FAMILY CHALLENGES.

Every family has conflicts, disagreements, and challenges. Some issues are short-lived, while others are more difficult to handle. Stress at home can significantly affect other aspects of your life; therefore, it is important to address family and marital issues and to develop effective coping skills.

Your **EAP + Work-Life program** offered by Deer Oaks EAP Services can provide in-the-moment support, counseling, referrals, work-life consultation, community resources, and helpful information around a variety of family and marital issues such as:

- Divorce
- Parenting concerns
- Work-life balance
- Struggling with finances
- Transition to home schooling
- Anger management
- Adjusting to parenthood/adoption
- Coping with grief and loss
- Life changes/transitions
- Child/elder care resources
- Transition to working from home
- Stress management

Contact Your EAP Today

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