# Employee Assistance and Work-Life Program

A free, confidential program for employees and adult household members. Here’s how we can help:

## Emotional Health
- Counseling, Consultations & Referrals
  - Alcohol & Drug Concerns
  - Anxiety
  - Chronic Illness
  - Depression
  - Eating Disorders
  - Family & Relationship Concerns
  - Gambling
  - Meditation
  - Mindfulness
  - Partner Violence
  - Smoking Cessation
  - Sleep Issues
  - Stress Management

## Parenting
- Childcare Consultation & Referrals
  - Back-up Care
  - Before/After School
  - Childcare Centers
  - Family Day Care
  - Nannies & In-home Care
  - Summer Camps

## Elder Care
- Consultation & Referrals
  - Assisted Living Facilities
  - Caregiver Support
  - Community Services
  - Home Health Care
  - Hospice
  - Medicare/Medicaid
  - Nursing Homes
  - Respite Care
  - Social Security
  - Transportation

## Legal
- Consultation & Referrals
  - Bankruptcy
  - Child Custody & Support
  - Consumer Issues
  - Elder Law
  - Estate Planning
  - Immigration
  - Landlord Tenant Disputes
  - Real Estate Concerns
  - Restraining Orders
  - Separation & Divorce
  - Wills & Trusts
  *See back for legal disclaimer

## Financial
- Consultation & Referrals
  - Budgeting
  - Credit Problems
  - Debt Management
  - Financial Wellbeing
  - Homebuying Information
  - Insurance Planning
  - Retirement Planning
  - Tax Resources

## Work
- Consultation & Referrals
  - Career Exploration
  - Interest Testing
  - Job Performance Concerns
  - Job Search Strategies
  - Resume Review
  - Time Management
  - Work-life Integration
  - Work Stress

## Convenience Services
- Information & Referrals
  - Community Education Classes
  - Fitness Programs & Trainers
  - Home Cleaning
  - Home Repair Services
  - Moving Services
  - Organizer Services
  - Pet Care
  - Relocation Information
  - Yoga Classes

## Nutrition
- Consultation & Information:
  - Child Friendly Meals
  - Diabetes
  - Food Allergies
  - Gastrointestinal Problems
  - Healthy Eating
  - High Blood Pressure
  - High Cholesterol
  - Lactation
  - Weight Management
* KGA general legal disclaimer:

No service, including advice and consultations, will be provided for: 1) employment-related matters, including employee or statutory benefits; 2) matters involving the employer, KGA Inc. and affiliates; 3) appeals and class actions; 4) frivolous or unethical matters; 5) matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, he/she is doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.