

Employee Assistance Program - EAP

An employee's life at home can profoundly affect his or her performance at work. Whether an employee is battling drugs or alcohol, dealing with the illness or death of a relative, experiencing an abusive relationship, struggling with depression, or facing other pressures from daily life, it's important for employers to take steps to help.

Our Master's level therapists and business associates will collaborate to design a customized EAP that fits your individual needs as an employer.

The plan may include:

- Confidential counseling for employees and their dependents
- Management training
- Critical incident stress debriefing
- Information and referral services
- Educational workshops;
- and other services that will help your company retain employees and boost productivity.

Workshops for management and employees

Our expert counselors can also provide your company with workshops on issues important to employees ...

- Let's talk parenting—how to avoid the common pitfalls of parenting
- Cause and effect—how parents' behavior can affect their child's behavior
- Parenting children with Attention Deficit Hyperactivity Disorder
- Credit—how to maintain it during difficult times
- Families in transition—helping kids cope with separation and divorce
- Blended families—adapting to and coping with change
- Single female and single male parents—struggles and successes

Balancing work/life activities—an exercise in diligence, discipline and follow-through and issues important to management

- Organizational change—using employees as change agents
- Sexual harassment
- Workplace violence—the importance of policies and procedures
- Teamwork—the significance of community and the power of unity
- The successful interview—magic questions
- Maintaining productivity and effectiveness during downsizing and restructuring
- Top ten most common employer mistakes in addressing drug abuse, and how to avoid them
- Working with a variety of personalities

Free Assessment

For a free assessment of your company's employees and their needs or to schedule a workshop, contact Michelle Gwaltney, Senior Vice President, at 317.634.6341, ext. 219 or e-mail michelleg@family-service-inc.org

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