



## *'Tis the Season ... for your EAP*

With the shortened winter days, there is less daylight to get you moving and time for holiday work and family obligations. You may start feeling sluggish or experience a lack of motivation. It is common for stress levels to rise and the EAP is here. By speaking with an Intake Counselor, you can get help with:

Community Resources  
Counseling Services  
Eldercare Resources  
Family Support  
Financial Issues  
Health & Wellness

Legal Concerns  
Loneliness  
Occupational Strategies  
Stress | Anxiety  
Teen Support  
... and more

**Accessing the EAP is easy, confidential and there is no cost.  
Give us a call to speak with an Intake Counselor today!**

*The Holiday Season has a variety of emotions, challenges, expectations and possibilities.  
Your EAP has free and confidential resources to address the issues you face  
so you can enjoy the full potential of the New Year.*

**1-800-343-3822 | [www.AWPnow.com](http://www.AWPnow.com)**

*Here for you as life happens ...*

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A wqp Program

