

*Regain
Your
Balance!*

WITH
SOLUTION
FOCUSED
PROGRAMS &
COUNSELING



Have you ever lost your balance?

We know sometimes, the harder you try to regain your balance, the worse it becomes. Hopefully, someone is there to catch you and help you stand again.

In today's fast-paced world, with pressures coming to us from many directions, it is easy to feel off-center, to be overwhelmed, and to have the sensation that you have no control. You may lose your sense of optimism, hope, and joy. You may feel like you are falling.

The Caring Connection

For over three decades, Employee Assistance Consultants (EMPAC) has provided assistance, counseling, and education to help thousands of employees and their family members live life to the fullest. EMPAC is there to provide help in difficult times, education so you can grow, and resources to help you live a rich life.

Confidential Counseling

EMPAC's exceptional licensed counselors provide short-term solution-focused counseling. They are effective and experienced in the real life concerns that you or your family may face. They will help you through all kinds of situations which may have a tendency to rob you of your sense of security and balance. Common concerns that EMPAC helps with are:

- ▲ Family and parenting**
- ▲ Life event changes**
- ▲ Marital & relationship issues**
- ▲ Addictions**
- ▲ Self-esteem concerns**
- ▲ Grief and loss**
- ▲ Stress, depression, & anxiety**
- ▲ Work-related concerns**
- ▲ School concerns**
- ▲ Divorce recovery**

On a case-by-case basis, you may be referred to an outside agency for further assistance.





Money Management

EMPAC provides access to financial specialists with a wide range of experience in personal financial services. You can find assistance for:

- ▲ Budgeting and debt
- ▲ Identify theft
- ▲ Retirement questions
- ▲ College funding

Legal Assistance

EMPAC will help you and your family members in finding experienced attorneys to assist you with most legal issues. An attorney who specializes in your area of need will meet with you for a consultation and no charge. If you decide to retain the attorney, you will be given a 25% discount.

Dependent Care Referrals

When others depend on you, it can be very stressful. What kind of assistance is right for your aging parents? How can you find excellent day care at an affordable cost? EMPAC is your source of assistance to help you get started. EMPAC can help with:

- ▲ Finding licensed, affordable childcare
- ▲ Eldercare
- ▲ Long distance care giving
- ▲ Referrals for appropriate care
- ▲ Helping dependents with special needs



Training and Education

EMPAC provides training on numerous topics. A small sample of these educational training sessions includes:

- ▲ Stress Management
- ▲ Dealing with Difficult People
- ▲ Essentials of Supervision
- ▲ Improving Your Leadership Skills
- ▲ The Power of an Attitude of Gratitude
- ▲ Work-Life Balance

EMPAC provides live classroom training, webinars, and—via our work-life premium website—self-paced training sessions.

Wellness

In order for us to find balance, it is necessary for us to be as healthy as possible, not only emotionally, but physically as well. EMPAC provides:

- ▲ Healthy Weight & weight loss groups
- ▲ Stop Smoking Education & Support
- ▲ Stress Management
- ▲ Healthy Heart Education
- ▲ Change Management

Frequently Asked Questions

How much does EMPAC cost? *There is no cost to you for services offered at EMPAC.*

Who is covered by EMPAC services? *You and your immediate household members.*

How do I contact EMPAC? *Call 316-265-9922 or 800-234-0630 to schedule an appointment or talk to a counselor.*

