

EMPLOYEE ASSISTANCE PROGRAM

PERSONAL COUNSELING

Confidential, emotional support from a licensed professional

FINANCIAL CONSULTATION

Financial coaching, debt consolidation, credit counseling, etc.

LEGAL COUNSELING

Free legal consultation, plus 25% discount on legal referrals

CHILDCARE COUNSELING

Consultation & research assistance to find a daycare, babysitter, or nanny

ELDER CARE COUNSELING

Support, consultation and referrals based on the appropriate level of care

COLLEGE PLANNING & STUDENT LOAN MANAGEMENT

Assistance with all aspects of college planning & managing student debt

RETIREMENT PLANNING

Consultation regarding the financial & psychological impact of retirement

NEW PARENT CONSULTATION

Consultation & access to resources and support groups for new parents



YOUR EAP BENEFIT

- **Free** for you & your household members - you are already enrolled!
- The Employee Assistance Program (EAP) provides support to help solve problems that affect your personal life
- The EAP is confidential & voluntary
- 24/7 access to a professional counselor
- Follow-up to be sure that your satisfaction was met



24/7 EAP Assistance: 800-905-0994

www.MFSEAP.com

Company Code: Belt

metropolitan
family services
— EMPLOYEE ASSISTANCE —
NETWORK