



Creating Stronger Relationships



December

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

**TOLL-FREE:
800-822-4847**

WEBSITE:
www.lifeserviceseap.com

How to nurture your closest connections

As social creatures, we're impacted deeply by our ties to others. Close relationships can provide comfort, while challenging relationships can create stress. To help you improve your relationships, let your Employee Support Program provide:

- **Communication strategies:** Our experts offer communication and conflict resolution advice, whether you prefer coaching over the phone, in person, or online.
- **Financial information:** If money is a relationship stressor, let our professionals provide guidance to help you create a plan that works.
- **Research and referral services:** Daily demands can rob us of time with loved ones. We offer personalized referrals to service providers, from photographers to plumbers, returning some of that time to you.

YOUR EMPLOYEE SUPPORT PROGRAM

Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family, and personal life.