

Central Michigan Professional
Counseling Associates
600 Broadway East • Suite 200
Mt. Pleasant, MI 48858
(989) 772-5833

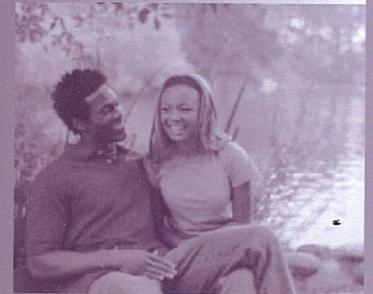
EMPLOYEE ASSISTANCE PROGRAM



Central Michigan Professional
Counseling Associates
provides counseling services
to the following companies:

- *Bandit Industries, Inc.*
- *City of Mt. Pleasant*
- *Clare County Dispatch*
- *General Agency*
- *Homeworks Tri-County Electric*
- *Isabella County*
- *Isabella Bank*
- *Migizi EDC*
- *Saginaw Chippewa Indian Tribe*
- *Soaring Eagle Casino and Resort*

Website:
www.cmpca-eap.com



Central Michigan
Professional Counseling Associates

Call (989) 772-5833 to schedule
a confidential appointment.

EMPLOYEE ASSISTANCE PROGRAM

The Benefits of an Employee Assistance Program

Central Michigan
Professional

Counseling Associates

Employee Assistance

Program provides

short-term professional

counseling and referral

services to assist employees

and their family members

when personal or work-

related problems become

unmanageable.

EAP Clients will receive

10 free counseling sessions

as a benefit of their

employment.

MARITAL PROBLEMS

All couples have arguments. Some can use their conflict to grow and further develop the bonds between them. Counseling doesn't keep a couple together or apart - that's a decision of the partners. Counseling facilitates a realistic appraisal of the marriage and fosters an understanding of how the needs and wants of both partners can be met.

STRESS

It doesn't matter whether a situation is pleasant or unpleasant, it can still cause stress. Learning stress management techniques is one of the ways in which counseling can help an individual cope with the demands of everyday living.

EMOTIONAL PROBLEMS

Today's world is filled with decisions and choices. Constant stress takes an emotional toll. Depression, anxiety, frustration, or despair may develop. Counseling is an effective means of learning to handle these feelings.

DIVORCE PROBLEMS

A family broken by separation or divorce creates a crisis for all its members. There is no way to avoid the pain of readjustment, even if the divorce or separation is for the better. Reaching out for help means taking a step toward renewed self-confidence and finding productive ways to deal with the problems of divorce.

PERSONAL PROBLEMS

Life is difficult. Sometimes it seems that living is a never-ending adjustment to changes that are constantly taking place around us and within ourselves. Today we realize that confidential counseling with a trained professional can lead to early and swift problem resolution.

ALCOHOLISM

America is a drinking society. Two out of three adults drink, and most of them will never develop a drinking problem. The realization that an alcohol problem exists in your life or in the life of someone close to you is the first step in making a decision to seek help.



What
every
employee
should
know
about..

JOB RELATED PROBLEMS

Problems with co-workers may arise due to personality conflicts or different styles of communication. If both parties are willing, mediation is available to help co-workers sort out their differences with each other, and learn to work together peacefully.

FAMILY PROBLEMS

Raising a child in today's world is difficult. Parents face some of the greatest challenges in history. We are raising the best educated, most informed and most aware generation ever. As a result, sometimes parents discover that they lack the proper tools to resolve problems they're experiencing with their children. Our counselors can help with early problem identification and resolution.

GRIEF AND LOSS

Losing someone or something you love is very painful. After a loss, you may experience all kinds of difficult and surprising emotions, such as shock, anger, and guilt. Sometimes it may feel like the sadness will never let up. Grief counseling helps the individual recognize normal aspects of the grieving process, cope with the pain associated with the loss, feel supported, and develop strategies for self-care.

DRUG ABUSE

Alcohol, nicotine, stimulants, depressants, narcotics and caffeine - among others - all take their toll when abused. With proper treatment and professional help, drug abuse can be overcome and the individual can return to living a meaningful and rewarding life.

ANXIETY

Anxiety is an inevitable part of life. Anxiety disorders are distinguished from everyday, normal anxiety in that they involve anxiety that is more intense (panic attacks), persist after a stressful situation has passed, or leads to phobias that interfere with your life. Counseling is an effective means of learning to handle and recover from the effects of anxiety.

*The Employee Assistance
Program maintains a
strict code of ethics*

EAP professionals are expected to interface within all levels of the employment organization, while being legally obligated to maintain a code of professional and ethical conduct with employer and employee.

*Protects the Rights
of the EAP Client*

One of an EAP professional's highest priorities is to protect the rights of the EAP client. This protection begins with some important points you need to know about:

- The information you share with your EAP professional is confidential.
- Your employer or supervisor does not have the right to know details of your conversation with the EAP professional.

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