

THE HELPING HAND

EAP Is More Than Just Counseling!

Scheduling and Orientation

Orientation to the Employee Assistance Program is available to employees and managers. The program length can take as little as 10 minutes. This program is designed to review the essential elements of the EAP and how to access service. Confidential, Professional, Relaxed, and Efficient!

Training available!

We've all made it through the first month of 2020!!!

Now that the holiday season is over, its a great time to get your company trained! Here is what is available now!

- **ORIENTATIONS FOR EAP**
- **SEXUAL HARASSMENT**
- **NEGATIVITY IN THE WORKPLACE**
- **TIME MANAGEMENT**
- **RESOLVING CONFLICTS**
- **MANAGING EMOTIONS UNDER PRESSURE**

Check out our website to view training request forms! - EAP

<http://fscrmmentalhealth.com>



“It always seems impossible until it’s done.”

- Nelson Mandela

Learn how to manage your employees issues effectively

Are your employees having issues with substance abuse?

The use of any substance that can impair a person's judgment, clarity and functioning is **substance abuse**. Coming to work drunk or high as well as drinking or using on the job, including during breaks and lunch, are all forms of workplace substance abuse.

Workplace substance abuse puts employees and companies in serious jeopardy. In some lines of work, such as manufacturing and construction or any job that involves driving, operating machinery or performing medical work the consequences can be life and death. Employers can vary in their responses to substance abuse, but in all cases should take it extremely seriously.





February 14th is FSCR’s annual fundraiser, Pasta for a Purpose!

Tickets available by phone
716-488-1971
Single ticket - \$40.00
Full Table - \$350.00
Happy Valentines Day!

Quote of the month and a short bio of one of our therapists!

“Nothing is impossible... The word itself says ‘I’m Possible’”
– Audrey Hepburn

Meet Sylvia Emerling, one of our helpful therapists.

Sylvia has been with FSCR for 7 years. Prior to that she was a member of our BOD. Prior to joining the FSCR team, Sylvias professional career was spent at the Gustavus Adolphus Children’s Home. Sylvia served in various roles over her 33 year career with GA, as a Direct Line Staff, Senior Child Care Counselor, Community Boarding Home Treatment Coordinator, Social Worker, and ended her career as the Therapeutic Foster Care Program Manager She loves to have fun, enjoys music, theatre and the arts and is passionate about making her community a better place for children and families! She enjoys volunteering and adventure!

Email - EAP@fscr.mygbiz.com

A Message from your EAP

Hosted BY:
FSCR
Building Healthy Families Since 1903

Annual Pasta for a Purpose

Family Service of the Chautauqua Region
Friday, February 14, 2020
6:00—9:30 pm
Chautauqua Suites
Tickets \$40 each/Limited tickets available
Each ticket offers a chance to win our
GRAND PRIZE
Contact FSCR for tickets (716) 488-1971
Italian Dinner, Wine, Live DJ, Photo Booth, Basket Raffle & Auction!

Proceeds will assist children and families in our community to receive mental health counseling in which they may not otherwise be able to afford.

Remember, your **EAP** is here for you...
FREE

Counseling, Legal and Budget Consultation

Family Service of the Chautauqua Region
716-488-1971 or 1-888-358-3899.
Call today!

EAP@fscr.mygbiz.com

