

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!

Happy New Year from all of us at FSCR!!!

Moving into the new year, we have new training services to offer! 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://fscrmentalhealth.com>



If I knew what I was so anxious about, I wouldn't be so anxious.

- Mignon McLaughlin

Learn how to manage your employees issues effectively

Having issues with anxiety, depression, nervousness?

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous.

If you suffer from this extremely common mental disorder, we are here to help. Family Services of the Chautauqua Region is dedicated to helping you and your employees get the help you deserve.





Are you discovering employees may be dealing with substance abuse issues?

Unlike other EAP companies, Family Service of the Chautauqua Region offers Drug and Alcohol Treatment Programs in the area.

December FSCR Online Donors:

Kathy McCoy

Liz Mariner Ford

Ingrid Merlot

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

“My life has been full of terrible misfortunes most of which never happened.”

– Michel de Montaigne

Meet Pat Bohn, one of our helpful therapists.

*Pat moved to the Jamestown area 25 years ago, and is still working at acclimating to the WNY winters. She has been a therapist with FSCR for 13 years. In her free time, Pat loves spending time with her family, hanging out with friends or being outdoors when its **WARM!***

Email - EAP@fscr.mygbiz.com

A Message from your EAP

People of all ages, genders, and nationalities experience stress, and it seems like every year the world moves at a faster pace.

Today, anxiety disorders are the most common mental illness across the country, with 40 million adults affected every year, according to the Anxiety and Depression Association of America.

Living with anxiety is hardly easy, when any day can include irrational fear of nonthreatening situations, excessive nervousness and indecisiveness, and even the inability to relax at any given time, as the Mayo Clinic defines the condition.

If you need help, please use your EAP services provided by FSCR. It's a free and confidential service for you and your family that can be the help you need just when you need it.

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

