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EMPLOYEE ASSISTANCE AND WORK-LIFE PROGRAM

Website: my.kgalifeservices.com
Company code: holycross

A free, confidential program for employees and adult household members. Here's how we can help:

EMOTIONAL HEALTH	PARENTING	ELDERCARE	LEGAL
<p>Counseling, Consultations & Referrals:</p> <ul style="list-style-type: none"> • Alcohol & Drug Concerns • Anxiety • Chronic Illness • Depression • Eating Disorders • Family & Relationship Concerns • Gambling • Meditation • Mindfulness • Partner Violence • Smoking Cessation • Sleep Issues • Stress Management 	<p>Childcare Consultation & Referrals:</p> <ul style="list-style-type: none"> • Back-up Care • Before/After School • Childcare Centers • Family Day Care • Nannies & In-home Care • Summer Camps <p>Information & Support:</p> <ul style="list-style-type: none"> • Adolescence • Adoption • Child Development • College Planning • New Parents and Pregnancy • Special Needs 	<p>Consultation & Referrals:</p> <ul style="list-style-type: none"> • Assisted Living Facilities • Caregiver Support • Community Services • Home Health Care • Hospice • Medicare/Medicaid • Nursing Homes • Respite Care • Social Security • Transportation 	<p>Consultation & Referrals:</p> <ul style="list-style-type: none"> • Bankruptcy • Child Custody & Support • Consumer Issues • Elder Law • Estate Planning • Immigration • Landlord Tenant Disputes • Real Estate Concerns • Restraining Orders • Separation & Divorce • Wills & Trusts <p>*See back for legal disclaimer</p>
FINANCIAL	WORK	CONVENIENCE SERVICES	NUTRITION
<p>Consultation & Referrals:</p> <ul style="list-style-type: none"> • Budgeting • Credit Problems • Debt Management • Financial Wellbeing • Homebuying Information • Insurance Planning • Retirement Planning • Tax Resources 	<p>Consultation & Referrals:</p> <ul style="list-style-type: none"> • Career Exploration • Interest Testing • Job Performance Concerns • Job Search Strategies • Resume Review • Time Management • Work-life Integration • Work Stress 	<p>Information & Referrals:</p> <ul style="list-style-type: none"> • Community Education Classes • Fitness Programs & Trainers • Home Cleaning • Home Repair Services • Moving Services • Organizer Services • Pet Care • Relocation Information • Yoga Classes 	<p>Consultation & Information:</p> <ul style="list-style-type: none"> • Child Friendly Meals • Diabetes • Food Allergies • Gastrointestinal Problems • Healthy Eating • High Blood Pressure • High Cholesterol • Lactation • Weight Management

**Disclaimer - No legal service, including advice and consultations, will be provided for: 1) employment-related matters, including employee or statutory benefits; 2) matters involving the employer, KGA Inc. and affiliates; 3) appeals and class actions; 4) frivolous or unethical matters; 5) matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.*

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, he/she is doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.