

# Learn About the Employee Assistance Program

A Free Workshop for State Employees

*The State of California's Employee Assistance Program*



How much do you know about your Employee Assistance Program? If you think it's just about mental health and clinical counseling, then you need to take this workshop!! The EAP Program is FREE to State employees and family members.

*Sign Up For This Workshop and Learn about these benefits:*

- Free Financial Consultations
- Free Identity Theft Protection & Recovery Assistance
- Free Child Care & Eldercare Consults and Resources
- Free Legal Consultations
- Free Resources – Quit smoking! Adopt healthy lifestyles! Plan a trip or party!



**February 4, 2014 • 10 – 10:45 am**  
Department of State Hospitals  
1600 9<sup>th</sup> Street, Conference Room 470  
Sacramento, CA 95814

**February 12, 2014 • 9:30 – 10:30 am**  
Department of Community Services  
and Development  
2389 Gateway Oaks Drive, Suite 100  
Sacramento, CA 95833

**February 20, 2014 • 10 – 10:45 am**  
CalSTRS  
100 Waterfront Place  
West Sacramento, CA 95605

**February 24, 2014 • 1 – 1:45 pm**  
Commission on Peace Officer Standards and  
Training  
1601 Alhambra Boulevard  
Sacramento, CA 95816

**February 26, 2014 • 9:30 – 10:15 am**  
Department of Water Resources  
1416 9<sup>th</sup> Street, First Floor Auditorium  
Sacramento, CA 95814

**April 17, 2014 • 1:30 – 2:15 pm**  
State Personnel Board  
801 Capitol Mall, Room 150  
Sacramento, CA 95814

Who Should Attend: **These workshops are free to State employees and reservations are not required. Seating is on a first-come, first-served basis.**

**Before planning to attend, employees should ensure supervisor's approval.**

**Please provide two week notice for special accommodations.**

**At many facilities parking is not provided, please plan accordingly.**

**Contact your departmental EAP coordinator for additional information.**