

MARCIA A. LECLERC
MAYOR

TOWN OF EAST HARTFORD

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OFFICE OF THE MAYOR

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Dear Employee & Family Members:

Effective July 1, 2019 the Town will change our Employee Assistance Program (EAP) provider to **ESI Group**.

Your EAP offers a broad array of tools and services to help with problems that might affect your personal or work life. Just a few examples of these include:

**Marriage & Family ▪ Stress ▪ Legal Problems ▪ Debt ▪ Childcare ▪ Elder Care ▪ Grief
Pet Problems ▪ Education Planning ▪ Scholarships ▪ Depression ▪ Taxes ▪ Wills ▪
Smoking Cessation ▪ Wellness ▪ Adoption ▪ Substance Abuse ▪ Mental Health ▪ Divorce**

In addition, your EAP offers hundreds of personal and professional development opportunities, from trainings to one-on-one telephonic coaching in the following areas:

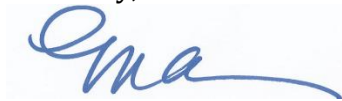
**Certified Financial Coaching ▪ Balancing Life at Work & Home ▪ Resilience ▪ Effective Communication
Home Purchasing ▪ Student Debt ▪ Yoga & Relaxation for Beginners ▪
Workplace Conflict ▪ Retirement ▪ Succeeding as a Supervisor**

Your EAP also provides a comprehensive Wellness Coaching benefit designed to help you tackle issues that are most detrimental to your overall health and well-being. The program includes assistance with: losing weight, improving nutrition, getting fit, stopping tobacco use, and reducing stress.

To access your EAP, simply call the **toll-free number 1-888-327-1060** to talk with a counselor or coach who will work with you to address your issues. You can also visit your EAP online at www.PublicSafetyEAP.com for thousands of problem-solving resources and self-help tools.

Your EAP is a free benefit and your confidentiality is assured. No information about your use of the program is given to us as your employer unless you sign a release of information authorizing this.

Sincerely,



Marcia A. Leclerc
Mayor, Town of East Hartford

