Your UB EAP:
Helping You Cope
& So Much More

UB EAP
UNIVERSITY AT BUFFALO
EMPLOYEE ASSISTANCE PROGRAM
645-4461
What Is EAP?

- FREE benefit
- VOLUNTARY, professional & confidential
- Organizational consults
- Work-life programming
Confidentiality

Any contact with UB EAP is CONFIDENTIAL within the limits established by law.
Individuals & Small Groups
We Can Help With Any Concern Including:

- Addictions
- Career/Retirement
- Child/Elder care
- CISM
- Financial issues
- Grief and loss
- Legal issues
- Life-changing events
- Mental/Physical health
- Relationship issues
- Stress management
- Organizational consult
- Veterans’ issues
- Workplace issues
Top three concerns 2011-2012

1) workplace performance
2) mental health
3) relationship
Customized Workshops

Coping with Change and Uncertainty
EAP Tools for Supervisors: Helping You Manage Tough Issues
Improving Communication/Defusing Conflict in the Workplace
Stress Busters
Most widely attended programs 2011-2012

1) IAMT (Meditation)

2) Improve Your Eating Habits

3) Stress Busters!
**Working Moms Group**
2\textsuperscript{nd} Thursday of each month, Noon-1PM, Capen Hall
Discuss concerns & successes with balancing work & family.

**Caregiver Support Group**
3\textsuperscript{rd} Tuesday of each month, Noon-1PM, HRD
Caregivers of aging parents & loved ones meet for support, resources, & more.

**Caring for Special Needs Group**
3\textsuperscript{rd} Thursday of each month, Noon-1PM, HRD
If you are a loved one of a child or adult with special needs, join us for support, resources, & a listening ear.
QUESTIONS?

UBEAP
University at Buffalo
Employee Assistance Program

645-4461
www.cap.buffalo.edu