



More Human. More Resources.

Available 24/7  
800-648-9557  
info@kgreer.com



Website: my.kgalifeservices.com  
Company code: bridgeport

## EMPLOYEE ASSISTANCE AND WORK-LIFE PROGRAM

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

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

\* KGA general legal disclaimer:

No 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.