

# Feeling Stuck?



Your employer wants to support you with your work and your life!

## **Free, Confidential Counseling**

- Problems at work or home
- Depression, Anxiety, Stress
- Parenting
- Substance Abuse
- Grief and Loss
- Personal Goals
- Professional Goals
- Family Issues

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**Free Coaching**

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**EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC**