



The back-to-school season is a great time to embrace new beginnings. Sometimes this can be overwhelming. Remember that help is only a phone call away.

No matter how well educated or experienced you are, personal, physical and emotional problems can get to you. You have access to the Employee Assistance Program. EAP provides confidential professional counseling services and promotes the health and well-being of school district employees and their immediate family members. The program offers assessment, referral, short-term counseling and follow-up as needed.

EAP is easy to use, convenient, confidential and readily-available at no cost to employees and their immediate family members as a benefit provided by your employer.

*Dorothy A. Caldwell,  
LCSW-R*

*Employee Assistance*

*Specialist*

*Addressing personal concerns is my  
professional commitment to you.*

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