



Taking care of others is your job. Taking care of **YOU** is ours.

Through your Employee Assistance Program (PAS) you have access to

- **A financial consultant** to assist you with money matters
- **An elder care specialist** to help with coordinating and finding payment options for the care of aging loved ones
- **A child care specialist** to help locate child care providers and resources
- **An allied health professional** to guide you through parenting concerns such as behavior, child development and education planning
- **A professional organizer** to help with time management and getting organized
- **A tobacco cessation coach** to help you prepare for the step-by-step quitting and staying quit process
- **A professional counselor** to provide support and guidance with personal and family concerns
- **A registered dietician** to provide personalized guidance to help you improve your wellness and quality of life

EAP Services are FREE & CONFIDENTIAL

Available 24/7/365

(800) 356-0845

www.paseap.com



PAS
Personal Assistance Services