

MEGA

MASSACHUSETTS EDUCATION
& GOVERNMENT ASSOCIATION
PROPERTY AND CASUALTY GROUP, INC.

Did you know your EAP offers...

Confidential Counseling

The Wellness Corporation is proud to offer up to **six (6)** sessions of confidential face to face counseling for our members and household members. Our trained, professional counselors will help to identify and address whatever personal issues you may be having, including:

- *STRESS AND ANXIETY*
- *RELATIONSHIP ISSUES*
- *DEPRESSION*
- *ANGER ISSUES*
- *PARENTING ISSUES*
- *SUBSTANCE ABUSE*
- *GRIEF AND LOSS*

Legal Consultations

When you call The Wellness Corporation, we will connect you with an attorney for a free, 30-minute telephonic consultation. Should your legal matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate. Examples are:

- *CONTRACTS*
- *CIVIL LAWSUITS*
- *BANKRUPTCY*
- *DIVORCE*
- *REAL ESTATE TRANSACTIONS*
- *CRIMINAL ACTIONS*

New Parent Transition Coaching

This program is offered to new and experienced, expecting parents to help them develop a plan to best balance work, life and a new baby. The three part program covers the following subjects:

- *EXPECTING A NEW BABY*
- *STAYING HOME WITH BABY*
- *BALANCING WORK AND BABY*

Financial Resources

Financial issues leave you feeling stressed and confused. Having someone with whom you can discuss your options can help you feel more in control. Our financial professionals are available to help you address issues including the following:

- *BUDGET & DEBT*
- *CREDIT CARD ISSUES*
- *ESTATE PLANNING*
- *TAX ADVICE*
- *BANKRUPTCY*
- *PLANNING FOR RETIREMENT*

Work/Life Resources

The Work/Life program offers both informational resources and referral services. From becoming a new parent to taking care of an aging relative and more, our specialists will provide you with resources to help you make educated decisions. Some of our most frequent requests include:

- *CHILD/ELDER CARE SERVICES*
- *SPECIAL NEEDS PROGRAMS*
- *ADOPTION ASSISTANCE*
- *EDUCATIONAL PROGRAMS*
- *SUMMER CAMPS*
- *ELDER CARE*

Your WellnessWorkLife Website

Is a resource for information on a wide range of issues. Additionally, you can take personalized health and wellness assessments, print out various useful forms and legal documents and much more. Visit www.WellnessWorkLife.com today.



Website: www.WellnessWorkLife.com

Company Registration Name: **Hampden-Wilbraham RSD** not case sensitive

Call 24 Hours a day: 1-800-828-6025 Voice/TTY