

What to do When?

EAP Lunch and Learn



CityFit and LifeSolutions are pleased to present a special Employee Assistance Program session on “What to do When?” In this informative presentation, employees will learn how the EAP program can assist them with free and confidential every day life solutions. You can also visit the LifeSolutions website for additional help: www.lifesolutionsforyou.com Use code: pghcity.

Family problems come up and you're not sure where to turn?

Work is stressing you out, and you need some perspective?

Financial issues are getting way too complicated?

Need some legal guidance?

You just can't shake feeling depressed or anxious?

Worried about drug & alcohol use or abuse?

A loved one passes away and you need help coping?

Need to find important community resources?

Registration preferred. Please contact Charisse Smith at city.fit@pittsburghpa.gov or 412-255-2950.



pittsburghpa.gov



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CITY OF
PITTSBURGH
"AMERICA'S MOST LIVABLE CITY"

Sessions Available

NOON to 1pm

Public Safety Training Academy

1395 Washington Blvd.

Pgh, PA 15206

June 3, 2015

City-County Bldg.

Room 445

June 9, 2015

Strip District

3001 Rail Road Street

Pgh, PA 15201

June 19, 2015

Police Headquarters

1203 Western Ave

Pgh, PA 15212

June 24, 2015

