




Did you know... the EAP offers more than you might think?


The GuidanceResources Employee Assistance Program (EAP) isn't just for counseling services. Whether you want to plan your next vacation, grow an herb garden, find a gym or buy new tires, the EAP offers free resources to help you balance the demands of work, life and everything in between.


The EAP can help you...


 **Invest in your home.** Learn how to protect and beautify your home with regular maintenance, ongoing improvements and repairs, gardening tips, decorating ideas and energy savings.


 **Welcome your new bundle of joy.** Connect with a FamilySource specialist at 866.501.7962 for information about parenting classes, highest-rated car seats, multiple-birth discount options and much more — and receive your free new child kit or adoption kit.


 **Tame the terrible twos (and threes, thirteens and twenty-twos).** The EAP offers guidance and practical tips to help foster the growth and development of your child from infancy through adulthood, along with coping strategies for facing the daily challenges of family life.


 **Keep your child safe on the internet.** Learn how to help your child use the internet safely.


 **Make the most of your celebrations.** Plan your upcoming wedding, family reunion, holiday party or birthday with tips and resources to help you select venues, hire service providers and plan your special occasion — all while staying within your budget.

 **Find resources and expert advice for your special needs child.** Babies, toddlers and children living with special needs have unique care requirements. Learn about special education programs, your child's rights under the American with Disabilities Act (ADA), applying for Social Security benefits and much more.

 **Plan for college.** Find valuable information on savings plan options, scholarships and financial aid, along with practical advice about preparing for college life and managing money.

 **Protect your family's financial future.** The EAP makes it easy with tips, tools and access to financial and legal experts. Whether you're establishing a household budget for the first time, buying life insurance or estate planning, the EAP can help.

 **Make your happiness a priority.** Confidential counseling is available 24/7 for you and eligible family members on issues such as improving your marriage or parenting skills, forming positive relationships, realizing your career aspirations or exploring your purpose and planning your future. Call 866.501.7962 for assistance.

 **Help you be well in so many other ways, too.** These are just a few examples of the wide-ranging services offered through the EAP. You'll find helpful articles, videos, podcasts, apps, checklists and other resources to help you be well in all aspects of your daily life — physically, financially and emotionally.

Your EAP benefit is automatic, available 24/7 and FREE

You and family members living in your household have 24/7 access to the GuidanceResources EAP, available through ComPsych. You don't need to enroll — your coverage is automatic, and AECOM pays the full cost of this benefit.

To learn more, call 800.497.9096 or register on [guidanceresources.com](https://www.guidanceresources.com). Enter AECOM for the Company ID and create a user name and password. Select the Canada flag.