

# LIFE HAS CHALLENGES

It's a fact we're all too familiar with: Life is tough, constantly throwing surprises, opportunities, and crises our way. We're all looking for ways to manage and overcome them, but sometimes we fail and don't know where to turn.

## IT'S FOR THOSE TIMES THAT EMPAC EXISTS.

We're here to help equip employees and employers with the tools and skills to live healthy, balanced lives. Our goal is to improve their lives both personally and professionally.



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## HOW WE HELP

For more than 30 years, EMPAC has provided assistance, counseling, and education to help thousands of employees and their family members live life to the fullest. Here are just a few ways we help.

### Confidential One-on-One Counseling

- Family and parenting
- Life event changes
- Marital & relationship issues
- Addictions
- Self-esteem concerns
- Grief and loss
- Stress, depression, & anxiety
- Work-related concerns
- School concerns
- Divorce recovery



### Money Management

EMPAC provides access to financial specialists with a wide range of experience in personal financial services.

### Dependent Care Referrals

- Helping find licensed, affordable childcare
- Eldercare
- Long distance care giving
- Referrals for appropriate care
- Helping dependents with special needs

### Legal Assistance

EMPAC will help you and your family members in finding experienced attorneys to assist you with most legal issues. An attorney who specializes in your area of need will meet with you for a consultation and no charge.

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