

APRIL: CAN WE TALK?

Yes, counseling can help



MONTHLY WEBINAR

Will There Be a Couch? What to Expect From Counseling

Thursday, April 17, 2014

**2 WEBINARS: 12 p.m. - 12:30
p.m. and 1 p.m. - 1:30 p.m.**

Many people avoid counseling due to misconceptions or even fear. Learn about the counseling process, different types of counseling, what is discussed, and the terminology used.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

April is Counseling Awareness Month. If you are experiencing feelings of anxiety, depression, or having difficulties with a family member or co-worker, talking to a counselor can help. Counseling professionals can help you identify issues and come up with a plan to address them.

Call or visit us online to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

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