

# BOARD OF EDUCATION

City Hall - 45 Lyon Terrace  
Bridgeport, Connecticut 06604

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Superintendent of Schools

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DATE: September 23, 2013

TO: All BOE Staff Members

FROM: Kathleen Jaeger, Executive Director - Human Resources *KJ*

RE: Employee Assistance Program (EAP)

All of us have all experienced many circumstances that have affected both our professional and personal lives. As we traditionally start off the new school year with anticipation and hope, sometimes the trials of life create difficulty in balancing the demands of our work and personal life. Having immediate access for guidance, information, and resources can make all the difference.

I want to remind all employees of the free and confidential counseling programs offered through our Employee Assistance Program – Behavioral Health Consultants. EAP is not just for employees but for members of their immediate family, i.e. spouse, partner or children still on your medical plan. If you do not have health insurance through the BOE you still have the EAP benefit. You can reach them directly 24 hours per day/7 days per week at 800-864-2742. The EAP has licensed counselors throughout Connecticut. Attached is a brochure outlining further services through EAP. I have attached a brochure for your review.

Take advantage of this valuable benefit and best wishes for a successful school year.

cc: Paul Vallas  
Lissette Colón