

## May *LifeSolutions* Corner 2009

### ***Does LifeSolutions offer more than drug and alcohol counseling?***

*LifeSolutions*, your Employee Assistance Provider, is more than a traditional EAP. We offer practical and timely resolutions to everyday concerns.

*Whether* personal or work-related, no matter how big or small, our professional counselors will work with you to help you understand the nature of the problem and provide the tools to address it. Your short-term counseling sessions are available for individual, marital or family concerns. Telephone or in person counseling sessions are available.

In addition, the *LifeSolutions* website, recently updated with you in mind, offers immediate convenient on-line access to a wide variety of information and services including when and how to seek guidance in successfully navigating life's twists and turns.

To learn more about counseling and coaching, log onto [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com) or call our toll free number at 1.800.647.3327.