

Your UB EAP: Helping You Cope & So Much More



UBEAP

UNIVERSITY AT BUFFALO
EMPLOYEE ASSISTANCE PROGRAM

645-4461

What Is EAP?

- FREE benefit
- VOLUNTARY,
professional & *confidential*
- Organizational consults
- Work-life programming



Confidentiality



Any contact with UB EAP is **CONFIDENTIAL**
within the limits established by law.

Individuals & Small Groups



Mediation



- Process facilitated by an expert who helps two parties resolve conflict.
- Less formal than litigation, grievance process, complaints or arbitration.
- Communication between mediator & disputants is confidential.

We Can Help With *Any Concern* Including:

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- ✓ **Addictions**
 - ✓ **Career/Retirement**
 - ✓ **Child / Elder care**
 - ✓ **CISM**
 - ✓ **Financial issues**
 - ✓ **Grief and loss**
 - ✓ **Legal issues**
 - ✓ **Life-changing events**
 - ✓ **Mental /Physical health**
 - ✓ **Relationship issues**
 - ✓ **Stress management**
 - ✓ **Organizational consult**
 - ✓ **Veterans' issues**
 - ✓ **Workplace issues**

1) Workplace performance

2) Parenting/Family

3) Relationship



Customized Workshops



Coping with Change and Uncertainty

EAP Tools for Supervisors:
Helping You Manage Tough Issues

Improving Communication/
Defusing Conflict in the Workplace

Stress Busters



1) Stress Less Retreat Day

2) Stress Busters!

3) Financial Fair workshops

UB EAP Support Groups

Working Parents



Caregiver Support

Caring for Special Needs

EAP Staff



Susan Bagdasarian, M.S.
(HRD: North Campus)



Crystal Kaczmarek-Bogner, M.Ed.
(Parker Hall: South Campus & HRD: North Campus)



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QUESTIONS?

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www.eap.buffalo.edu



Our Focus is You!

Work

Life

Meetings

Deadlines

Family

Friends

Me



Work/Life

Invite us to your next meeting:

Wellness



- Work/Life Practices
- Employee Recognition
- Fitness Classes
- Weight-loss Support
- Team Retreats
- Workplace Climate



Lactation Support

Discounts



Volunteerism



Work/Life Support

Flexible Scheduling

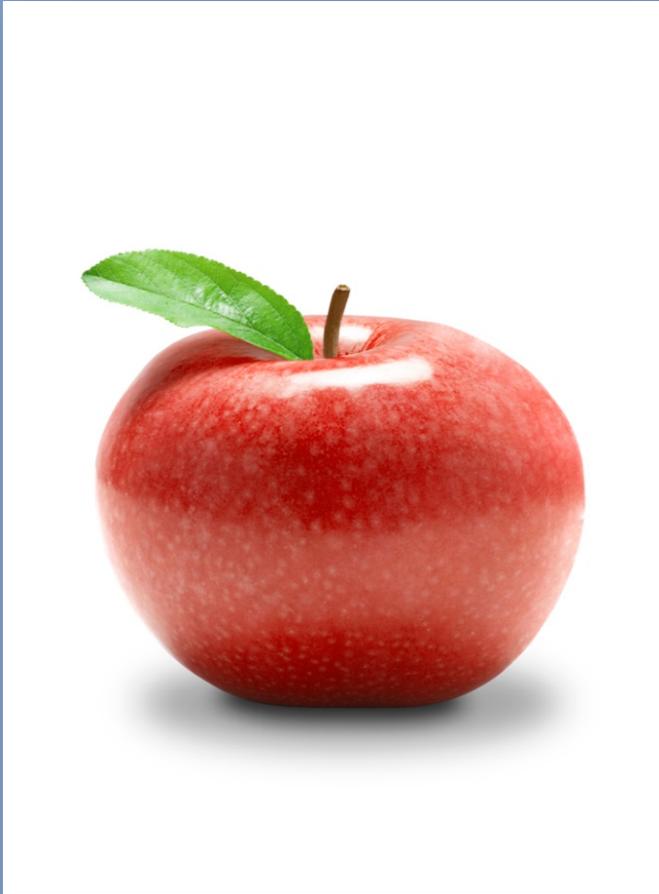
Employee Recognition

Workplace Climate

NYS Balance



Wellness



Weight-loss Support

Fitness Classes

Fitness Programs

Smoking Cessation

Lactation Support

New Rooms

Online Scheduling

Workshops

Guidelines



Discounts



Real Estate

Automobiles

Cell Phones

SUNY Perks

Tickets at Work

Volunteerism

Service Collaborative

Volunteer Fair

Team Retreats

CORE



Contact



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