



COMMUNICATION MATTERS!



Have you ever wished you could express yourself better? Your employee assistance program (EAP) can help you become more assertive and improve your communication with family, friends and co-workers. Talk to an EAP counselor to learn skills to enhance your relationship with your:

Contact your EAP for confidential counseling and assistance any time!

- Customers
- Co-workers
- Boss
- Friends
- Child(ren)
- Family
- Spouse/Partner

1-800-XXX-XXXX | www.achievesolutions.net/xxxx