

I.B.E.W. LOCAL 176

MEMBER ASSISTANCE PROGRAM (MAP) ENHANCED WORK-LIFE SERVICES

Real-Time Support For Real Living



Accessed by phone, instant message, or website

Available anytime, any day

Always confidential

Up to 6 free in-person sessions with a counselor near your home, work or school

No cost to you or your family to use the service.

No limit to the number of issues for which you may use the service

Follow-up to be sure that the assistance met your complete satisfaction

The MAP can help you find the time and tools you need to focus on what's most important in your life.

The MAP is a free benefit for you and your immediate family members that provides counseling, resources and support. No matter what obstacles may lie ahead—the MAP is available 24/7/365 to help you face life's challenges.

CALL OR LOG IN TO GET STARTED!

TOLL-FREE: 800-292-2780

WEBSITE: www.ers-eap.com

USERNAME: [ibew176](#)

PASSWORD: [member](#)



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

LEGAL/FINANCIAL CENTER

Available with the employee assistance website, your Legal/Financial Center provides easy access to vital legal and financial information. Your **Member Assistance Program** can help with additional resources and information. Call any time to get the counseling and support you need.

- Free online will
- Nearly 100 do-it-yourself legal forms
- Library of hundreds of legal articles and tip sheets
- Online financial calculators, library of articles, and do-it-yourself tools to manage finances.
- Free access to Intuit Mint.com and Credit Karma for budgeting & financial software and free credit reports



LIVECONNECT I.M.

Access to the **Member Assistance Program** resource and referral service isn't limited to the telephone. Our LiveCONNECT feature delivers assistance via online instant messaging. Once logged on to the website, simply click on the LiveCONNECT icon to immediately be connected to one of our Employee Assistance experts who can answer questions and offer solutions to work-life challenges.

- Instant connection to our staff of Work-Life experts
- Convenience and privacy of an online interface
- Support for you, as well as those in your family and household
- Follow-up to be sure you're satisfied with the referrals



RETIREMENT & ELDER CARE

Planning for retirement or providing care to an older family member can be a very rewarding experience but sometimes it can be challenging or stressful. Your **Member Assistance Program** can help with information and referrals to assist you in all areas of aging, elder

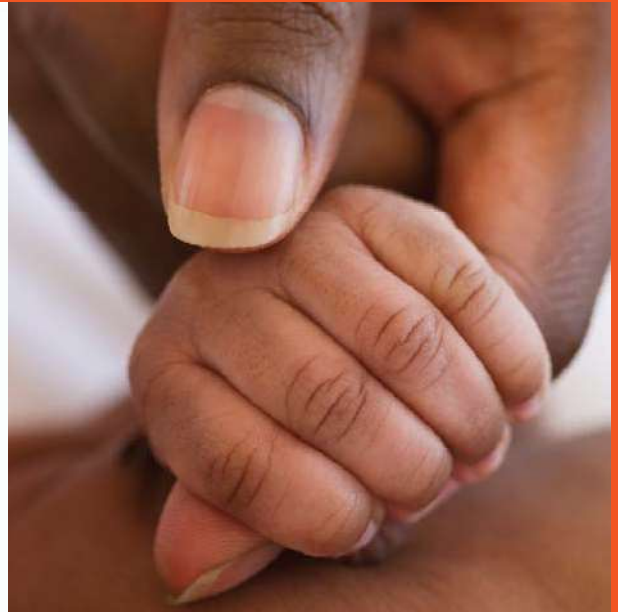
- 24/7 access to counselors for guidance and support
- Referrals for care providers, assisted living and skilled nursing facilities
- Literature on planning for life changes
- Community resources and assistance in your area



CHILD CARE & PARENTING

Whether you are in the process of growing your family, or are thinking about it for the future, take advantage of the free, confidential resources and referrals provided by your **Member Assistance Program**. Families and parents can benefit from consultation and support regarding these and other topics:

- **Child care Referrals**
- **Pregnancy and infertility**
- **Adoption & special needs**
- **Parenting challenges**
- **Resources for all educational and developmental stages**



YOUR WORK-LIFE WEBSITE

Online access to a wide range of resources regarding the work and life topics of interest to you and your family—all available on the **Member Assistance Program** website. Just log on to navigate through articles, links, interactive content, self assessments, and more!

- **Regularly updated information and links**
- **Downloadable articles and tip sheets**
- **Information Centers for Legal, Financial, Wellness, Savings, Relocation, Savvy Rx, Savvy Pet Rx and TaxAct**
- **Skill Builder online learning**
- **Spanish-language content**



SAVINGS CENTER

To help you stretch your dollar, you and your family have access to a free online benefit: the Savings Center. When you log on to the Savings Center, you can shop quality name brands at discounts of 25% off regular retail prices! Register for free on your **Member Assistance Program** website.

- **Online, catalog and in-store discounts available, log on to the work-life website and check them out**
- **Use the *company name* EAP to register**
- **The program offers a wide array of discounts from leading name-brand retailers as well as savings on a large selection of discount tickets**



I.B.E.W. LOCAL 176

2017

CALENDAR

**MEMBER
ASSISTANCE
PROGRAM**

	Monthly Theme	Monthly Online Seminar Title	Online Seminar Description — Seminars can be found on your home page or you can search for them by title.
JAN	MIND YOUR MONEY Insuring your financial well-being.	Maintaining Personal and Fiscal Resiliency During Tough Economic Times Available on demand starting JAN 17 th	Learn how to develop a “stress plan” to visualize a more positive financial future. Understand the process of prioritizing your needs and exploring the full extent of your assets.
FEB	IGNITE A SPARK Expand your life through creativity.	Creativity 101 Available on demand starting FEB 21 st	“Creativity is putting your imagination to work, and it's produced the most extraordinary results in human culture.” Ken Robinson. Learn to tap into your creativity and apply it in all areas of your life.
MAR	ACCENTUATE THE POSITIVE Taking a more mindful approach.	Disrupting Negative Thoughts Available on demand starting MAR 21 st	It's not negative thoughts themselves that are the issue; rather, it's when we believe those negative thoughts. Learn how to gain control over negative thoughts and turn them into positive ones.
APR	STAYING POWER Resiliency skills for caregivers.	Compassion Fatigue: Increasing Resiliency Available on demand starting APR 18 th	Caregivers often take on the emotions of those they help or rescue. After understanding how compassion fatigue can develop, you'll learn specific strategies to reduce stress and to develop resilience.
MAY	#HAPPINESS Creating support environments for children.	Raising Well-Adjusted Kids Available on demand starting MAY 16 th	Review the current research and science behind raising well-adjusted kids. Learn tips to foster positive mental health in the children and teens in your life.
JUN	GOING THE DISTANCE The path to total well-being.	Emotional Support: Staying Balanced in a Changing World Available on demand starting JUN 20 th	Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives.
JUL	MIXOLOGY Celebrating the multi-generational workplace.	Managing in a Multi-Generational Workplace Available on demand starting JUL 18 th	Identify the characteristics and key motivational factors of each generation. Explore commonalities and discuss differences to build strong teams while bridging the generational gap.
AUG	SAYING GOODBYE Honoring the process of grief and loss.	Bereavement: Coping with Loss Available on demand starting AUG 15 th	Grief and loss trigger conflicting emotions. Explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a “grief rut” as you discuss more healthy ways to grieve.
SEP	TMI Find your way to the right resources.	Information Overload Available on demand starting SEP 19 th	Managing the enormous amount of information that is thrown at us is difficult. Understand what contributes to information overload and apply tips and tools for effectively managing information.
OCT	ENERGY BOOST An active approach to well-being	Improve Your Health with Ergonomics and Frequent Movement Available on demand starting OCT 17 th	Sedentary behavior is the 4th leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.
NOV	GRATITUDE ADJUSTMENT Appreciating all that is good.	The Mind-Body Connection Available on demand starting NOV 21 st	Keeping the body relatively calm is crucial to well-being and optimal health. Becoming aware of how your body feels when it is under stress is important to maintain a relaxed and calm state.
DEC	FUSION FORWARD Embracing a multi-cultural workplace.	Diversity in the Workplace: Maintaining an Inclusive Environment Available on demand starting DEC 19 th	Each member of the workforce brings unique skills, background, and experience vital to the successful organizations. A diverse workforce is a rich source of creativity and problem-solving.

**CALL OR
GO ONLINE**

TOLL-FREE: **800-292-2780**
WEBSITE: **www.ers-eap.com**

USERNAME: **ibew176**
PASSWORD: **member**

