


*When you're looking
for support, call us!*

Life can often be difficult. Sometimes even the simplest issues can cause stress in your personal life and interfere with your work and your activities.

You can get assistance by calling Family Service Agency. You'll meet with an experienced therapist who can help you with:

- ◆ Stress
- ◆ Depression / anxiety
- ◆ Work-related difficulties
- ◆ Relationship troubles
- ◆ Parent / child tensions
- ◆ Family concerns
- ◆ Chronic illness
- ◆ Coping with death or loss
- ◆ Domestic / partner violence

 **Family Service Agency**
A community mental health center
751 Lombardi Court Suite C
Santa Rosa, CA 95407



Employee Assistance Program

***Mental health counseling
services paid for by your
employer***



Here whenever you need us

We all experience times in our lives when personal and work-related problems become overwhelming.

Whether it's relationship troubles, parent / child tensions, chronic illness, coping with the death of a loved one, or physical abuse, help is just a phone call away.

The Employee Assistance Program (EAP), *a benefit paid for by your employer*, offers you and your dependents *confidential* assistance.



When you call us, a trained therapist will help you (or your dependent) assess your situation and find the best way to support you to resolve your issue or concern.

Confidential assistance

When you use the EAP, your visits are completely confidential. We do not tell your employer if or when you use this service or any details of your visits.

Your first visits are provided free of charge to you or your dependents. Counseling sessions are scheduled weekdays between 9 a.m. and 8 p.m.



Caring professionals

Our experienced therapists can help support and guide you as you deal with life's difficult times. All our therapists are state-licensed and/or certified.

After you've decided what is best for you, we can provide continued general counseling or refer you to a variety of programs to help you meet your or your family member's needs.

To Schedule

An Appointment

Call our intake counselor at

707-545-4551 ext 210

Please visit our website at:

www.familyservicesonoma.org

Serving all of Sonoma County

Santa Rosa Location:

751 Lombardi Court

Suite C

(Off Sebastopol Rd, one block west of Stony Point Rd)

Services may also be provided at individual therapist offices throughout the county.