



Your Employee Assistance Program

How much will it cost?

FREE to use!

Who qualifies for EAP services?

**Employees and their
family members!**

What services are available?

**Nutrition Therapy
Behavioral Workshops
Monthly Mentor Newsletter
Partner Discounts**

**Legal and Financial Support
Success and Life Coaching
Crisis and Supportive Services
Smoking Cessation Assistance
Senior Care Services
Counseling Services**

To speak with a representative of Capital EAP, please call (518)462-6531 ext. 111. Questions may be answered over the phone or over Zoom if preferred.

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Contact us on Wednesday,
October 20th, from 1pm-3:30pm
for your virtual benefits fair.