



The Foundation for
California State University, San Bernardino

For Your Benefit!!! For Your Benefit!!!

An Employee Publication Brought to You By Your Foundation Human Resources Department

A Reminder: The Foundation offers an Employee Assistance Program (EAP) for our benefitted employees!

- The Foundation, through the Guardian Work-LifeMatters Employee Assistance Program, offers you a way to get the confidential help you and your family may need for issues affecting your life.
- There are several services available to assist you including, but not limited to :
 - **Counseling:** support & professional guidance, unlimited telephone consultation, set-up of in-person appointments, and developing an action plan.
 - **Parenting:** prenatal planning, becoming a parent, adoption, child development, parenting skills and child care.
 - **Care Giving:** sickness and care giving, special needs, adult dependent care, and elder care
 - **College:** pre-college planning, junior and community college, colleges and universities, admissions testing & procedures (PSAT/SAT), financial services (including aid, and scholarship) and adult re-entry programs.
- You can access the EAP program by calling the toll-free number 1-800-386-7055 during normal business hours (M-F 9am-8pm EST) to speak with a confidential professional counselor provided by the Integrated Behavioral Health firm. Emergency Access is also available 24/7.
- Additionally, you can log-on to www.ibhworklife.com to find basic information on various valuable services. Use the following log-on information: Company Name: Matters; Password: wlm70101.

Questions? Please call Foundation Human Resources at extension 77589.

We are here to help!