

# PASTORAL INSTITUTE

LISTENING TO OUR COMMUNITY SINCE 1974.

## EMPLOYEE ASSISTANCE PROGRAM

CONFIDENTIAL COUNSELING  
AS AN EMPLOYEE BENEFIT

2022 15th Avenue  
Columbus, Georgia 31901

(706) 649.6500

[WWW.PASTORALINSTITUTE.ORG](http://WWW.PASTORALINSTITUTE.ORG)

**EMPLOYEE ASSISTANCE PROGRAM** (EAP) is an employee benefit program which most companies provide for their employees and their family members.

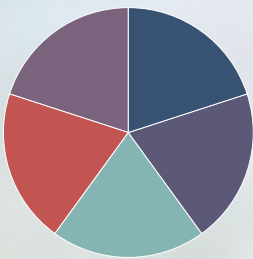
## **COUNSELING AS A BENEFIT**

Number of sessions may vary because companies can customize your benefits. Contact your benefits administrator to find out how many free sessions you qualify for annually.

## **CONFIDENTIAL COUNSELING**

Your company pays for a specified number of confidential counseling sessions for you and your family.

The Employee Assistance Program is intended to help employees deal with personal problems that might adversely impact their work performance, health, and well-being. Through the EAP, the Pastoral Institute offers individual, family, and group counseling for employees and dependents of area companies.



### **Top 5 Reasons for Seeking Counseling**

- Depression
- Anxiety
- Stress
- Grief & Loss
- Trauma

With licensed and certified counselors located across the United States, our program gives you easy access to professional help with issues that impact your personal, family and work life.

Regardless of where you are located, our Employee Assistance Program will find a counselor for you from among our extensive network of counseling professionals.

## GROUPS

Your EAP benefits may also be used to take part in group sessions such as Social Skills Groups and Parenting Workshops.



The Sarah T. Butler Children's Center of the Pastoral Institute serves all families of our community with qualified therapists who see children, teens and families in therapy. Our therapists are experienced with a wide-range of child and adolescent issues including:

Anxiety, ADHD, depression, trauma, autism-spectrum disorders, Behavioral Concerns, self-help issues, learning problems, helping children cope with loss, separation, divorce, or military deployment, etc.

### **SOCIAL SKILLS GROUPS**

The Sarah T. Butler Children's Center offers Social Skills Groups for ages ranging 2-17. The topics cover basic social skills such as listening, asking questions, initiating and maintaining play with peers. Older age groups cover more advanced topics such as: conversation skills, friendship skills, hygiene tips, dealing with teasing/bullying, anger management, apologizing, accepting consequences and handling disappointment.

[MAKE AN APPOINTMENT](#)

Schedule an appointment by calling and speaking to one of our intake professionals at (706) 649.6500. Don't forget to mention the name of your employer and that you would like to use your EAP benefit.

## **WE LISTEN.**

Every day, we listen to stories from people that need to talk about:

Addressing Substance Abuse

Altering Negative Behavior

Creating a Fulfilling Life

Reducing & Managing Stress

Overcoming Anxiety

Alleviating Depression

Improving Intimacy in Relationships

Coping With a Loss

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