



### Dear Employees:

As the New Year begins and we are all faced with new challenges, please be aware of a benefit to you and your dependents. You are automatically enrolled in an Employee Assistance Program that provides you and your dependents three counseling sessions at no cost to you. This program is voluntary and is provided by Stone Ridge Counseling Center, Inc. You may access it anytime by calling (850) 478-7800.

Stone Ridge Counseling Center, Inc. provides professional and confidential counseling in a warm and friendly environment that is conveniently located at 9013 University Parkway, Suite C in Pensacola. They are able to offer flexible hours to accommodate your needs. Their therapists are licensed and have over 70 years of combined experience and offer intervention and rapid problem resolution. Common types of problems include but are not limited to: marital problems, family conflicts, job stress/work conflict, alcohol or drug problems, anxiety or depression, financial stress, special health concerns, adjustment issues, child related school issues, grief or loss, time management, adolescent stage of development, and coping with chronic pain.

Please be assured that your sessions are highly confidential and information is not shared without your written consent. If you have further questions you may call Stone Ridge Counseling Center at 478-7800 or speak directly with Human Resources.