




# Ready, set, grow

## Join us: A Day with Resources for Living

**Mark your calendar** and get ready to dive into the amazing world of your Employee Assistance Program (EAP), **Resources for Living!** This is your chance to learn more, ask questions and connect with licensed counselors for personalized support.

 **Wednesday, May 14**

Information Table	Counseling Sessions	EAP Orientation
10:00 am – 3:00 pm ET	10:00 am – 3:00 pm ET	12:00 pm – 12:30 pm ET
New York	Gotham	39 <sup>th</sup> Floor Café

**Stop by anytime** to explore the information table or **reserve your time slot** for a 1:1 counseling session by placing an "X" on the paper sign-up on the door of Gotham. Don't miss the **30-minute EAP Orientation** at 12:00 p.m. ET to get a comprehensive overview of the program.

And remember, you can call for in-the-moment emotional support any time. We're available 24/7, 365 days a year.

**1-800-599-7154, TTY 711**  
[www.resourcesforliving.com](http://www.resourcesforliving.com)  
**Username: SyneosHealth**  
**Access Code: SyneosHealth**

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.