

BATHROOM BANTER

August (210) 207-WELL wellness@sanantonio.gov

An Employee Assistance Program is designed to assist you & your family in resolving daily work & life challenges that may be affecting your well-being. Did you know Deer Oaks EAP is available to all full-time civilian & uniformed-fire employees regardless of medical plan enrollment, all dependents at home or away (that means your dependent college student), & ANY household members staying with you (mother, brother-in-law, cousin, etc.). Services are **FREE** & completely confidential.

What can I use my EAP for?

- **Counseling Services:** personal, family, & marital counseling in relation to grief, addiction, depression, anxiety/stress, anger management, eating disorders, etc.

- **Legal services:** free consultation with a qualified attorney, online support with legal forms & articles, interactive will preparation.

- **Financial Services:** free telephonic consultation with accredited financial counselors, assistance with questions regarding credit & debt, purchasing a home, paying for college, saving for retirement, access to financial calculators & credit monitoring.

- **Identity Theft Recovery:** free telephone consultation service to help recover from & minimize the impact of identify theft.

- **Child/Elder Care:** information & referrals for before/after school programs, tutoring, day care centers, sick child care, nursing homes, & assisted living facilities.

- **Take the High Road:** reimbursement for cab fares in the event of incapacitation due to impairment by a substance or emotional condition (available once per year with a maximum \$45 reimbursement).

- **Health & Wellness Services:** monthly newsletters, onsite-seminars, online seminars, telephonic disease management coaching.

Education Sessions: Use Your EAP

“Plan Your Dream Vacation on a Budget”

Presented by Courtney Waggoner, Deer Oaks EAP
8/16, 11:30am-12:30pm, Central Library Auditorium

“Making a Life While Making a Living”

Presented by Calleen Friedel, Deer Oaks EAP
8/23, 11:30am-12:30pm, International Building, Rio Ballroom

“Your Routine Financial Checkup”

Presented by Courtney Waggoner, Deer Oaks EAP
8/30, 7:15am-8:00am Northwest Service Center, Building 1

DEER OAKS CONTACT INFORMATION:

eap@deeroaks.com
DeerOaks.com
username: cosa
password: cosa
1 (866) 327-2400

DEER OAKS EAP SERVICES



*A More Comprehensive
EAP for a Greater Value...*

Worksite Lactation Program

In support of breastfeeding mothers, the City has offered a workplace milk expression program since 2011. Per AD 4.15, Workplace Milk Expression for Breastfeeding Employees, the City accommodates the breastfeeding-related needs of employees for up to one year

from the birth of a child, including:

- ◇ Facility accommodations (private room free from intrusion with nearby access to sinks).
- ◇ Hospital-grade breast pumps (pumps can be assigned out and used in City facilities).*
- ◇ Storage (the City will make every effort to provide access to nearby refrigerators for milk storage).

New Workplace Lactation Room!

Your Employee Wellness Team and the Health Department have partnered up to provide a new lactation room to downtown employees. This room is located in the Riverview Towers Building at 111 Soledad St. For information regarding the room location and utilization, please contact Employee Wellness at 207-WELL (9355) or wellness@sanantonio.gov.

*Breast pump kits will have to be purchased separately.

