

# MIIA

MASSACHUSETTS  
BASED  
MEMBER  
DRIVEN

## EMPLOYEE ASSISTANCE PROGRAM

*Couples & Family*



- Do you wish you could communicate with your spouse more effectively?
- Is your social life leaving you unfulfilled?
- Do you seek more balance between home and work?
- Does the thought of holiday plans with or without your family cause you to have the blues?
- Do you feel like your dating life needs a makeover?
- Does your teenager's behavior cause you concern?

You're not alone. Beginning a relationship, ending one, or even wanting one can cause uncomfortable pressure. For many, managing the needs of family members without sacrificing their own is a daily effort. For others, poor communication skills can cause unnecessary breakdowns in relationships. It's possible to get relief from these symptoms and improve these situations, and your EAP can help.

The EAP can:



- Provide on-the-spot phone support
- Arrange for a free assessment and short-term counseling
- Offer information and education
- Locate resources and referrals



**1.800.451.1834**