

Here to help those in need

Over the next several months, Cottage Health is offering **free Employee Assistance Program (EAP) services** to local businesses impacted by the Thomas Fire or related mudslides.

The EAP provides confidential individual counseling, consultation and referral services to employees and their family members. Group trauma debriefings also are available, as well as a variety of consultation services to business owners and managers. Whether the concerns are work-related or personal, EAP can assist you and your employees in defining and resolving problems, managing stress and recovering from trauma.

To learn more or to schedule an appointment, call John Berberet, MA, LMFT, at 805-569-7808, or email jberbere@sbch.org.

Mr. Berberet is a licensed marriage family therapist (Lic.# 28907) with more than 30 years of experience working with individuals, couples, families and businesses.

