



Reaching Out

HELP FOR YOUR FAMILY AND YOU
518-793-9768

7HDFK&QUOGUHQ WR
%H %HWWHU 3UREOHP
6ROYHUV



ADIRONDACK EAP
Service to our Community

5

5HDFKLQJ 2XW LV D SXEOLFDWLRQ R
\$VVLVWDQFH 3URJUDP WR SURYLGH U
XVH

\RX DUH D BDDHQW
, \RXQJ FKL\GD KHUH
3RUPXQD WHDFKLQJ SUREOHP
VROYLQJ (QFRXUDJH WKH FKLOG
WR H[SODLQ WKH VLWXDWLRQ QHHGLQJ UHMRQYRQWDPQWSHVZAHUVRQDO
\$VN TXHVLWLRQV WKDW SURPSW FULWLFDOWKLNQJ DQG VROXWLQV
+HOS WKH FKLOG EUHDN WKH SUREOHP \$QO\ERQWDPWV ZLWK WKH (\$3 DUH VV
RQH SLHFH DW D WLPH /HW WKH FKLOG VVWUH D8DRXVH GDUZVHUV
*XLGH WKH FKLOG WR WKH VROXWLQJ 3UDLVH WKH HIRUW 7DON
DERXW PLVWDNHV DV OHDUQLQJ WRROV2RQSERHUVNRQDO VXSHPWHDP U
SRVHWHQW GLVFXVVLRQ DQG UHIOFW RQ WKH SWRQHIVRWRYV&ARLQR PRX ZLOO
SUREOHP)RU PRUH RSSRUWXQVWDO\QWGRQHDSLQHLQURXESOSHRPUW GXULQJ WK
SURFHVV FUHDWH SURGOMPNQ RZDZPKSDOM WR
PDNH IRU GLQQHU EXW WKLV LV ZKDW ZH KDYH LQ WKH UHULJHUDWRU

6WUHVV 0DQDJHPHQW
5LJKW 1RZ
5HIUHVK <RXU
5HODWLRQVKLS
ZLWK WKH %RVV

FUQGLQJ O
0HDQLQJ
(QHUV\ LQ
-RE

7KHMHQRW\OLQJH D SRVLWLYH
PHHWLQJ ZLWK WKH ERVV <RX IHHO
FRQILGHQW RI ZKDW KH RU VKH WKLQNL
WKH VWUHQJWK LQ \RXU UHODWLRQVK

*DOOXS UHKVHMDURX
WKDW RI HPSO

3HQJDJ\&QXOG \RX HQMRI \RXU MRE PRU
LW WKDW \RX GR QRW OLNH , I VR UHV
HQHUV\ ILQG QHZ PHDQLQJ LQ ZRUN IH

FROWURO DQG IHHO PRUH KRSHID\O\DRQ
W JHW UHJXODU IHHGEDFN DQ\PRUH

DU\QVXUH RI ZKDW \RX DUH VXSSRVHG WR DQG RPRWUZKDW WKH ZRMQHSPD
ERVV ZDQWV <RXU ERVV GRHV QRW LRGORZHS\RXW\QWPHU\HRYQ\RXU ZD\WR
\RX DQ DVVLJQPHQW <RXU ERVV GRHV QRW LRGORZHS\RXW\QWPHU\HRYQ\RXU ZD\WR
\RX WR GLVFRYHU KRZ WKLQJV DUH JHQHDOO\JRLQW\WR\JHW\WWDUWHG
JXW WHOOV \RX WKHUU LV VRPHWKLQJ ZURQJ



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