



CLAREMONT EAP

## Lean on Claremont EAP

The Coronavirus is forcing us to hunker down, prioritize self-care and take care of each other.

Lean on Claremont to help you manage our new realities.

- Schedule video counseling visits with a licensed clinician
- Consult with an attorney to receive free legal assistance
- Get advice from a financial consultant via telephone to discuss your budget
- Research child care options in your neighborhood \*
- Talk to an elder care expert to locate resources for your aging relative
- Visit Claremont Personal Advantage at [claremonteap.com](http://claremonteap.com) for webinars, articles, assessments, videos and financial calculators
- Visit [Positivitycenter.org](http://Positivitycenter.org) for tips on mindfulness, compassion and more!

**Claremont EAP provides free and confidential counseling, legal and financial consultations and work/life referrals.**

**800-834-3773**

**[www.claremonteap.com](http://www.claremonteap.com)**

**[positivitycenter.org](http://positivitycenter.org)**

\* Please allow 2-3 business days for child care research.