

EAP Connection

Quarterly Newsletter

"To stay connected with you & workplace issues"

Spring 2010

Family & Children's

SERVICE OF ITHACA

125 Years of Serving our Community

In This Issue

*125 Years of Serving our
Community*

*Online Social Networking
Spring Workshop Series*

Family & Children's Service is proud to celebrate it's 125th Anniversary! Our agency continually expands to meet the changing needs of our community, and we are dedicated to helping individuals at every stage of life.

Employee Assistance Program

Free and confidential assessment, short term counseling and referral for employees and eligible family members.

EAP can help with:

Depression
Relationships concerns
Separation/divorce
Grief and loss

Drug and alcohol concerns
Anxiety
School problems
Eldercare concerns

Family issues
Children's social/emotional development
Life transitions
Parenting/parent-child Relationship

...or nearly any life stressor you are experiencing.

Mental Health Services & Children's Mental Health

Trained and experienced mental health professionals provide individual, couple, and family counseling using a variety of modalities and methods. Services include:

Assessment and treatment planning Parent/child consultations Mental health evaluation and therapy
Medication services Case management Crisis management Referral

Senior Services

Respite Care: A trained aide gives caregivers a break from caring for an ill or elderly family member.

Caregiver Counseling: Assists clients who are feeling stressed, isolated, tired, overwhelmed and burnt-out from continual caregiving.

Geriatric Care Management: An array of services to help older adults and their families meet long-term care needs, such as accessing and coordinating services. Short or long-term assistance for long-distance caregivers is a key benefit of GCM.

Youth Services

The Dispositional Alternatives Program – commonly referred to as DAP, is a community-based, family-centered program that provides comprehensive, supportive services to youth, aged seven to 17, and their families. Through counseling, case management, enrichment activities, family meetings, referrals and follow-up services, DAP fosters positive changes in behavior and attitude for youth who are having difficulties at home, school, or in the community.

Addicted to Social Networking?

Online social networking and texting have opened up a whole new world we never thought possible. In recent years, much has been researched and written about Internet addiction. Well what about social networking (ie: texting, Facebook, Twitter, etc..)? These can be a fun way to keep in touch, check on your kids when they aren't at home, or catch up with family or old friends. But what is too much?? More and more therapists are hearing this issue brought up by their clients.

Here are some warning signs that social networking may be taking over your life:

Friends or family members complain about your use of social networking, and feel neglected by you

Your relationship with your spouse, partner or kids are suffering because of your use

You lie about your use and try to hide it

You text or use social networking sites while driving

You lose all sense of time and neglect meals or even sleep because you are too busy tweeting or on Facebook

You are less productive at work or school because you spend so much time social networking

You become increasingly isolated from others, and have replaced face-to-face interaction with online social networking

You feel anxious if you haven't been able to use social networking, or spend increasingly more time engaged in these activities

What can you do if you have a problem?

Examine your reasons for your addiction to online networking

Limit your use to 1 hour or less per day

Reset your priorities

Spend more face-to-face time with the people that matter to you most

Seek help from a counselor if you can't get a handle on it. For some people, the obsession can greatly impact all areas of their lives.



Spring Workshop Series

Moving at the Speed of Life, not Light

When: Friday, April 23 9:30am-12:00pm Where: F&CS 127 W. State St.

Trainer: Cora Ellen Luke, MA,LMHC

Hurry is one of the significant “dis-eases” of our time-pushing us to do more, have more and go faster. This training offers ways to learn to slow down, identify your deepest priorities, and make more informed, clear-headed choices about how you spend one of your most precious resources- your time.

Coaching Skills for Supervisors

When: Tuesday, April 27 9:00am-12:00pm Where: F&CS 127 W. State St.

Trainer: Karen Fritz, LMSW

This session will help you explore traits and skills necessary to be a great coach, and the benefits of using coaching skills as you work with employees. Learn how you can solve problems and bring out the best in employees through coaching!

Dealing with Difficult People and Conflict

When: Tuesday, May 11 9:30am-12:00pm Where: F&CS 127 W. State St.

Trainer: Karen Fritz, LMSW

This training explores how to navigate tricky interpersonal waters in business relationships. Participants will enhance their understanding of human behavior, difficult people and personality types. Participants will also learn key communication and listening skills necessary for handling conflict and difficult conversations.

The Power of Words: Healthy and Unhealthy Self-Talk

When: Friday, May 21 9:30am-12:00pm Where: F&CS 127 W. State St.

Trainer: Cora Ellen Luke, MA,LMHC

The mind is very busy with self-talk, a silent stream of thoughts about ourselves, others and the world. It has a tremendous influence over feelings, behavior and even health, and we are often not aware when self-talk becomes distorted or negative. Come and learn how to identify, challenge and replace distorted thinking patterns with more accurate and balanced ones.

Location of all workshops: Family & Children’s Service- new office location- 127 West State Street, Downtown Ithaca (1 block from Cayuga St. and 2 blocks from Green St. parking garages

Please contact Karen Fritz at Family & Children’s Service at 273-7494 to register. Seating is limited. With our EAP the cost is \$25 per person/per workshop, and \$35 per person/per workshop for all other organizations. Checks can be made payable to Family & Children’s Service of Ithaca and mailed to Karen Fritz at 127 West State St. Ithaca NY, 14850.

Call your EAP for free, confidential assistance for nearly any personal, family or work related concerns.

Do you need help for:

depression?

anxiety?

stress?

grief and loss?

family problems?

marital concerns?

separation or divorce?

work related issues?

aging or elder caregiving issues?

parenting or concerns with your children?

Call EAP at 607-273-7494 or 800-834-1239

**For questions about EAP, call or email us at
askeap@fcsith.org**

**For Help Topics and EAP Links
www.fcsith.org**

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