



## Additional Program Information

### Employee Assistance Program

[goer.ny.gov/eap](http://goer.ny.gov/eap)  
(800) 822-0244 (available 24/7)  
[nyseap@eap.ny.gov](mailto:nyseap@eap.ny.gov)

### NYS Network Child Care Centers

[goer.ny.gov/network-child-care-centers](http://goer.ny.gov/network-child-care-centers)  
(518) 473-8091  
[worklife@goer.ny.gov](mailto:worklife@goer.ny.gov)

### DIRECTIONS: Pre-Retirement Planning

[goer.ny.gov/pre-retirement-planning-information](http://goer.ny.gov/pre-retirement-planning-information)  
(518) 473-8091  
[worklife@goer.ny.gov](mailto:worklife@goer.ny.gov)

## Kathy Hochul, Governor, State of New York

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees. The WLS Programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, DC-37, NYSCOPBA, PBANYS, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

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## Work-Life Services

## Benefits for NYS Employees



### Employee Assistance Program

### NYS Network Child Care Centers

### DIRECTIONS: Pre-Retirement Planning

**[goer.ny.gov/work-life-services](http://goer.ny.gov/work-life-services)**



[goer.ny.gov/work-life-services](http://goer.ny.gov/work-life-services)

## Balancing work, home, and life

### Employee Assistance Program

The Employee Assistance Program (EAP) is a worksite-based program designed to help State employees deal with everyday issues involved in balancing work and life, as well as more serious problems that may impact work performance.

Specially trained EAP coordinators, located in agencies and facilities statewide, provide State employees and their family members with information, individual assessments, customized referrals to community resources, and support. EAP services are confidential, voluntary, and offered at no cost to employees and their families.

#### EAP can help with:

- Family and relationship problems
- Stress, physical, and emotional concerns
- Substance Abuse
- Health insurance questions
- Identifying local resources for child care, elder care, legal, and financial services
- Wellness: Visit WellNYS Everyday at: [goer.ny.gov/wellnys-everyday](http://goer.ny.gov/wellnys-everyday) for information on farmer's markets, walking maps, daily tips, and much more

### NYS Network Child Care Centers

The NYS Network Child Care Centers are licensed by the State of New York and many have achieved national accreditation. Each center is a separate not-for-profit organization with a volunteer board of directors that sets policy and oversees program management.

A listing and description of each center is on the website at: [goer.ny.gov/network-child-care-centers](http://goer.ny.gov/network-child-care-centers)

#### What is offered?

- Enrollment priority to children of State employees
- Peace of mind that comes from having your child close by
- Infant care, part-time care, toddler, and preschool programs
- Summer day camp programs for school-age children at many centers
- Developmentally appropriate programs
- Assurance your child is in a licensed center
- Opportunity for parents to return to work and mothers to continue nursing
- Opportunities for State employees to serve on a board of directors

### DIRECTIONS: Pre-Retirement Planning

DIRECTIONS: Pre-Retirement planning information is available to Executive Branch employees both online and through attending two, half-day webinars. Employees can access a printable online version of the comprehensive Self-Help Guide to Pre-Retirement Planning, the NYS Checklist, monthly tips, a resource list, and numerous videos. Pre-Retirement webinars provide information on planning and the benefits available to retirees.

#### Topics Covered:

- Planning for retirement
- NYS pension
- Health insurance coverage
- Social Security
- NYS Deferred Compensation Plan
- Medicare

Webinars are for State employees who are at least 50 years of age and eligible to retire within five years. For more information on webinar schedules, employees should contact their human resources office.

**These programs are the result of a collaboration between New York State and the public employee unions**