

BOARD OF EDUCATION

Denise Altro-Dixon
Executive Director

Timothy McNamara
Assistant Director

Human Resources

City Hall 45 Lyon Terrace Suite 310
Bridgeport, Connecticut 06604
P- 203-275-1042/ F- 203-337-0145

Lizette Martinez
HR Support Specialist

Michael Brosnan
Evaluation Mediator/TEAM

Kimberly McGuire
Employee Relations Associate



"Changing Futures and Achieving Excellence Together"

SUBJECT: **Employee Assistance Program**

We are pleased to announce our Employee Assistance Program is now provided by KGA. You receive 24/7 access to a network of experts with solutions and support for busy people managing busy lives. As a benefit to our employees, KGA's confidential services are available to you and your adult household members at no cost to you.

Access KGA at: 1. Login to my.kgalifeservices.com with our company code: bboe to access resources, schedule counseling appointments and establish a membership 2. **Phone: 800-648-9557** or Email: info@kgreer.com 3. Download the KGA Mobile app in the Apple or Google Play stores

Services include:

- Counseling In-person, phone, video or message-based sessions to help resolve emotional and mental health issues
- Crisis Immediate intervention for depression, anxiety, substance misuse and risk of harm to self or others
- Convenience Referrals for services ranging from fitness classes, continuing education resources to other areas of assistance
- Eldercare Consultations and referrals to meet the needs of elders and the caregivers supporting them
- Family Referrals for childcare needs and support for parenting challenges. Access to family/couples counseling
- Financial Consultations with licensed professionals for debt management, budgeting and financial planning

- Legal Consultations with an attorney and referrals for most legal issues*
- Nutrition Consultations with a registered dietician on weight management, food allergies, children's nutrition and other dietary needs
- Stress Assessment of stress level and techniques/tips for managing stress
- Work Support for work stress and consultations for career exploration

***NOTE - legal services provided by the KGA EAP CANNOT be used to sue the employer, or for other frivolous matters.**

Our lives are very busy and all of us can use support from an expert from time to time. Please take advantage of this program to support you and your family. Best wishes for a successful school year.

Sincerely,

Denise Altro-Dixon
Executive Director Human Resources