

## **COUNSELING SUPPORT**

For those regular full-time staff members, the Rock Church will financially assist them and their immediate family members who wish to seek guidance on a personal matter through a Staff Counseling Benefit.

The Rock Church will pay up to **\$400** per calendar year, per family unit for counseling costs.

Unused benefits may not be carried forward from year to year. Only counseling costs for counselors approved by Care and Concern or a Christian counselor are covered by the plan. This benefit is provided per family unit. A family unit is defined as the employee, spouse, and children.

The Counseling Reimbursement Form can be found on the Backdoor.

\*Our medical insurance plans do not cover family or marriage therapy.

## **EMPLOYEE ASSISTANCE PROGRAM (EAP)**

**The Rock Church and The Rock Academy** believe in keeping a life/work balance, which is why full time employees and their dependents have access to an Employee Assistance Program through The Holman Group, and it is available at no cost for all full time employees.

Employees are able to have **up to 6 professional face-to-face sessions** per family unit, per incident, per year. A variety of information and resources are available by calling 1-800-321-2843, 24 hours a day, 7 days a week.

- Managing stress
- Handling relationship issues
- Balancing life and work
- Tobacco, alcohol or drug cessation
- Controlling depression and anxiety
- Caring for children and/or aging parents
- Exploring career development options
- Dealing with conflict or violence
- Working through grief and loss issues
- Financial or legal consultation services

**Call Today! 1-800-321-2843**

[www.holmangroup.com](http://www.holmangroup.com)

**DISCLAIMER:** This brochure is for illustrative purposes. Should there be a discrepancy in this brochure, the summary plan description will prevail.