



## **It's Fall – Time to Fall into Better Habits**

Move over summer – fall is coming!

With the start of the school year, we often face new challenges, juggling many responsibilities. Get organized now for the best school year ever – here's how Claremont EAP can help:

- ❑ Visit a mental health counselor to avoid feeling overwhelmed by the work/life juggling act
- ❑ Save time and money by consolidating your debt – talk to a financial consultant about debt management
- ❑ Have Claremont work/life consultants research tutors or enrichment programs for your child
- ❑ Get referrals on a range of parenting issues such as child development
- ❑ Find resources for child care when school is closed throughout the year
- ❑ Prepare for holiday spending by reviewing your budget with a financial planner

**For free and confidential assistance,  
Call Claremont EAP at:**

**800-834-3773**

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