

EMPLOYEE ASSISTANCE PROGRAM

FINANCIAL AND LEGAL RESOURCES DURING THE COVID-19 PANDEMIC

Have your finances been impacted by COVID-19? Are you concerned about planning for the future? The spread of the novel coronavirus (COVID-19) has left many of us with more questions than answers.

Amidst the uncertainty, EAP is here to provide sound legal advice and financial support to improve your well-being and relieve stress.

Financial Coaching

- Understand your options for paying monthly bills.
- Know your investment opportunities and challenges.
- Consult with your lenders about special accommodations.
- Learn how to budget and resist the urge to buy impulse items online.
- Review the government-based and nationwide resources available.

Receive two, free 30-minute consultations per issue, per year. For services beyond 60 minutes, you can elect to continue working with the financial coach at a discounted rate.

Educational Webinars

Visit eap.calhr.ca.gov to access dozens of live webinars and recordings on topics including:

- Maintaining Excellent Credit.
- Prioritizing Savings.
- Financial Best Practices in Uncertain Times.
- Tips for a Major Purchase.
- Controlling Spending.

Counseling

EAP is here to help with convenient, confidential counseling available in-person, by text message, live chat, phone or video conference. Counselors can provide support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more.

Legal Assistance

- Get tips to ask for help from your creditors.
- Create a will or trust to protect your family and plan for the unexpected.
- Know what documents are needed if you or a loved one is admitted to a hospital.
- Learn the difference between Power of Attorney and a Living Will.
- Consider your options if you can't pay rent or are concerned about being evicted.

Receive one, free 60-minute consultation per issue, per year. For services beyond 60 minutes, you can elect to continue working with a consultant at a discount rate as indicated below.

Estate planning - 25% off the hourly fee.

Types of services include:

- Wills
- Trusts

Family law - 35% off the hourly fee.

Types of services include:

- Divorce
- Family law

Standard legal services - 25% off the hourly fee.

Types of services include:

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| • Civil and consumer rights | • Bankruptcy |
| • Personal property | • Credit, debt collection, identity theft |
| • Intellectual property | • Business legal services |
| • Taxes and audits | • Real estate |
| • Travel law | • Criminal matters |
| • Legal system | |