



BENEFITS

Worksite Coordinators:

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East: Danelle Fallert (323) 265-8797 fallerdj@elac.edu

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Trade/District-wide Ashraf Hosseini (213) 763-7157 hosseia@latcc.edu

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West: Sherron Rouzan (310) 287-4527 rouzanst@wlac.edu

Emeriti: Ethel MacClatchey (323) 851-1521 Ethelred2@aol.com

Rev. 7/21/08 ah

Cost-Free Confidential Convenient

- Difficulties in Relationships
Emotional/Psychological Issues
Stress & Anxiety Issues with Work or Family
Alcohol & Drug Abuse
Grief Issues
Legal or Financial Issues (limited)
Personal & Life Improvement
Depression
Child Care Issues



- Up to 5 face-to-face counseling sessions per incident
Available to you and your eligible household members
Available 24 hours a day, 365 days a year

To access services call:

1-800-342-8111

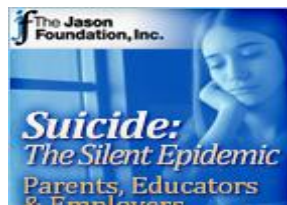
www.horizoncarelink.com

Log In: laccd Password: eap

In today's busy environment, balancing the needs of work, family and friends is one of the most pressing challenges that we face. Visit www.horizoncarelink.com for My Life Values (MLV). This powerful, nationwide online information and resource bank will help you with these challenges and gives you solutions at the click of a mouse.

Table with 5 columns: My Family, My Health, My Money, My Time, My Benefits. Lists various services like Child Care, General Health, Rewards Mall, Household, EAP, etc.

Horizon Health EAP offers FREE (1) hour webinars. To register go to the link: Horizon Health Webinars, log in: laccd, password: eap. Check for updated webinars under "Messages".



The site features: "Suicide: The Silent Epidemic" a helpful guide for parents/educators/employers. Go to: My Health>Self Help> Suicide