



# FamilyMeans

**BETTER IS POSSIBLE**

December 2023

We are happy to inform you Somerset School District has renewed the Employee Assistance Program (EAP) contract with FamilyMeans. This benefit provides you and your family members access to EAP services for another year.

EAP services include:

**Counseling & Therapy**

**Two (2) to three (3) sessions per issue**

**Work-related and personal concerns**

**Caregiving & Aging**

**Financial Solutions**

**One free legal consultation related to personal issues.**

All services are strictly confidential.

FamilyMeans is open 8:00 am to 7:00 pm Monday, Tuesday and Thursday; 8:00 am to 4:30 pm Wednesday and Friday. In-person appointments are available in our Stillwater and Hudson locations. We are continuing to provide telehealth services for the convenience of our clients.

Please call 651 439-4840 with any questions or to schedule an appointment. Our toll free number is 1-800-327-3203, or you can visit us at [FamilyMeans.org](http://FamilyMeans.org) and click "Need Help Now" to request services. *Please identify yourself as a Somerset School District employee or family member to ensure prompt scheduling of appointments.* If you have an emergency after normal office hours, please call 911.

Whether the issue is related to your mental well-being, relationships, work-place stress, or financial concerns, our professional counselors are here to assist. Remember, **Better is Possible.**

Sincerely,

*Diane*

Diane Cragoe, LMFT  
Employee Assistance Program Coordinator  
Licensed Marriage and Family Therapist



COUNSELING & THERAPY



CAREGIVING & AGING



EMPLOYEE ASSISTANCE PROGRAM



YOUTH DEVELOPMENT



FINANCIAL SOLUTIONS



CENTER FOR GRIEF & LOSS

1875 Northwestern Ave. S.  
Stillwater, MN 55082

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[FamilyMeans.org](http://FamilyMeans.org)