

From: Heather Woods, Associate Director Benefits
Date: December 10, 2008
Subject: Employee Assistance Program , Ceridian LifeWorks
December Information Flier



The below information flier is part of our continuing effort to communicate with you regarding the services and resources available through the Employee Assistance Program (EAP). For your reference, past fliers can be viewed on the HR-Benefits website at <http://www.temple.edu/hr>

Making the World a Better Place

In the spirit of the holidays, we often think about ways we can help make the world a better place. The good news is that each of us can make a difference. Whether it's being the best parent possible, providing love and attention to older family members, volunteering in your community, mentoring co-workers, protecting the environment or being a good friend, there are many ways to have a real impact. LifeWorks offers ideas for making a difference and highlights the ways the program can help you get started.

LifeWorks is offering the *Building Strong Families* podcast series. This 4-part series includes *What Makes a Family Strong?*, *Communicating as a Family*, *Parenting as a Team* and *Connecting to Your Community*. Simply click on "Podcasts" on the right-hand side of the home page, then scroll down to "Previous Episodes."

You can also read or download these informative articles:

- [*Making the World a Better Place*](#)
- [*Raising Responsible Children*](#)
- [*Choosing Volunteer Work*](#)
- [*Starting or Joining an Affinity Group at Work*](#)
- [*Learning and Teaching Across the Generations at Work*](#)
- [*How to Make a Charitable Donation*](#)

You can also visit www.lifeworks.com to read or download these informative articles:

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY/TDD: 800-346-9188
You can also visit the LifeWorks Web site at www.lifeworks.com
(user id: temple; password: eap)