



simplifying **EAP**



OUR MISSION

We provide confidential services to assist employees and their families experiencing life issues with the most effective means of resolving them to enhance their health, wellness, and productivity.

assessment
coaching
development
support
training

Our professionals have master-level education in mental health and business. They are licensed in social work, professional counseling, or substance abuse, in addition to being certified employee assistance professionals and critical incident stress management responders.

Our main office is located in downtown Trenton. We have satellite offices in northern, central, and southern New Jersey to allow easy access for employees throughout the state. We offer in person or telehealth sessions for employees' convenience. Call our toll-free number to schedule an appointment with an EAP professional.

- Steve Gerding, Director
- Jackie Pestana, Northern EAP Coordinator
- Mike Koscinski, Central EAP Coordinator
- Sherry Trifiro-Campos, Central EAP Coordinator
- Eileen Cox, Central EAP Coordinator
- Mike Parmenter, Southern EAP Coordinator
- Cinda Burnside, Program Coordinator
- Jenny Lanna, Administrative Assistant



800.367.6577



Employee
Assistance Program

professional consulting

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<https://nj.gov/njsp/eap/>

EAP solutions that work for you.

FORTY YEARS OF HELPING OTHERS TO HELP THEMSELVES.

Our vision is to demonstrate responsive and distinctive health intervention programs to support employee's ability to fully realize their emotional, physical, and spiritual potential.

EAP SOLUTIONS

- ASSESSMENT & REFERRAL
- MANAGEMENT COACHING
- ORGANIZATIONAL DEVELOPMENT
- CRITICAL INCIDENT STRESS
- TRAINING & EDUCATION

"I can't say enough great things about the services provided by the EAP. The professionalism of the staff and their dedication to the needs of employees seeking their services is amazing. They tackle issues quickly, effectively, and most importantly, confidentially."

-Division of Criminal Justice Supervisor -

flexible solutions for your individual needs

LEADERSHIP DEVELOPMENT

Coaching is a proactive management tool to enhance and develop awareness and leadership. We consult with management on the best approaches to assist employees with performance or other life issues affecting the workplace. We guide them in understanding their own personalities and explore how they can use those traits to improve their leadership skills and compatibility with others. We offer high quality seminars on various workplace and life issues. These seminars use different learning strategies, exercises, case studies, or discussion to further individual growth.

ORGANIZATION DEVELOPMENT

Our knowledge of workplace trends is used to conduct team assessments, focus groups, and conflict mediation within work units. Feedback and recommendations are provided to promote communication and increase overall effectiveness. We utilize critical incident stress management techniques as an intervention to assist employees in identifying potentially harmful symptoms and recommend coping strategies to reduce the aftermath of traumatic events. Interventions can be individuals or groups of people.

CUSTOM SOLUTIONS

Our services to employees, family members, and management are personalized to meet their individual needs.

EMPLOYEE SOLUTIONS

We are experienced at listening, asking the right questions, gathering information, and helping employees decide on the best course of action to take in addressing the difficulties they face.

BUSINESS SOLUTIONS

Our unique perspective of both human and organization behavior enables us to approach each challenge with an open mind and develop plans of action with sustainable, positive changes.



WE HAVE EXPERIENCE WITH A DIVERSE RANGE OF ISSUES. LET US HELP YOU.

Thousands of employees have gained perspective with their issues and gotten the help they needed with EAP assistance.