

A woman with short, curly grey hair is shown in profile, looking out a window. She is resting her chin on her hand. The background is a blurred view of greenery outside.

WE'RE HERE TO HELP WHEN YOU NEED IT MOST.

You and anyone in your household can call EAP and receive FREE and CONFIDENTIAL counseling and consultation for a wide range of personal and work-related problems. Call us or log into our website for more information or to request an appointment.

c&fsEAP
Employee Assistance Program



CALL
(716) 681-4300

Outside of Erie County:
(800) 888-4162

VISIT
WWW.EAP.CFSBNY.ORG

*Telephonic, video and in-person
services available*