

🌟 Exciting News: Introducing Our New Employee Assistance Program (EAP)! 🌟

Dear Colleagues,

The Town of Wellesley has a new **Employee Assistance Program (EAP)** - a powerful new resource to support you *and* your loved ones!

Life can be challenging — whether it's juggling work responsibilities, managing personal relationships, or simply navigating everyday stress. At the Town of Wellesley, we care deeply about your wellbeing — both in and out of the workplace.

Starting today, **July 1, 2025, CMG Associates, Inc** is here to help you thrive with confidential, expert guidance and practical support whenever you need it. With resources available via phone, online, or in person, this program is designed to be flexible and accessible to your needs.

What's in it for you?

- **Completely free** – This program is provided at *no cost* to you. It's fully funded by the Town of Wellesley.
- **24/7/365 access** – Day or night, weekend or holiday — help is always just a phone call away.
- **Up to 10 counseling sessions** per issue, per year — flexible, professional, and focused on you.
- **100% confidential** – Your privacy is our priority. No one at the Town will know you've reached out unless you choose to share.

- **Independent and impartial** – The support you receive is unbiased and not affiliated with the Town.
- **All household members have access to this program**

Support That Meets You Where You Are

- Navigating career growth
- Coping with the loss of a loved one
- Managing stress or burnout
- Building self-confidence
- Exploring new passions and personal goals



Get In Touch!

CMG Associates, Inc
111 Speen St. in Framingham
Phone: 833-549-3277
Website: cmgassociates.com
Password: WELL



Let's make wellness a priority — for ourselves and for each other. We're excited to bring you this valuable new benefit and hope you'll take full advantage of it.

Our **new home page** will be available starting July 15th