



# November is EAP Month

**Thursday, Nov. 5<sup>th</sup>, RIA lobby, 10:00 am – 1 pm:** Meet your EAP Coordinator, pick up EAP information, Wellness/& Work/Life Balance info and UBreathe. Free materials.

**Thursday, Nov. 12<sup>th</sup>, EOC, Downtown Campus 6<sup>th</sup> Floor Auditorium, 2:30:** IAMT Meditation Session with Bharat Jayamaran. Register at: [Keysor@buffalo.edu](mailto:Keysor@buffalo.edu)

**Friday, Nov. 13<sup>th</sup>, Beane Center lobby, 11:30 – 2:30:** Meet your EAP Coordinator and gather information on EAP, Wellness/& Work/Life Balance and UBreathe Free.

**Wednesday, Nov. 18<sup>th</sup>, 10:00 am – 12 Noon, 142 Crofts:** “Answering your retirement/other questions”; Lisa Allen, Attorney: What’s my risk? Are there types of risk? How much money will I need to retire, and more! Register at: [www.hr.buffalo.edu](http://www.hr.buffalo.edu)

**Thursday, November 19<sup>th</sup>, 11:00 – 2:00, Harriman Lobby:** Pick up materials on the UB EAP Program and learn about the UBreathe Free smoke free campus policy!

Remember our Veterans this month as well! Your UB EAP program suggests taking a look at the following sites, if you have a loved one who is in the military, preparing to enter the service, or return home.

[www.militarymentalhealth.org/welcome](http://www.militarymentalhealth.org/welcome)

[www.ncptsd.va.gov](http://www.ncptsd.va.gov)

[www.militaryfamily.com](http://www.militaryfamily.com)

**Erie County Vets Services  
Niagara County Vets Services  
NYS Division of Veterans Affairs**

**ESGR Employer Support Services  
Buffalo Vet Center – Readjustment  
Counseling Services**



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[www.eap.buffalo.edu](http://www.eap.buffalo.edu)