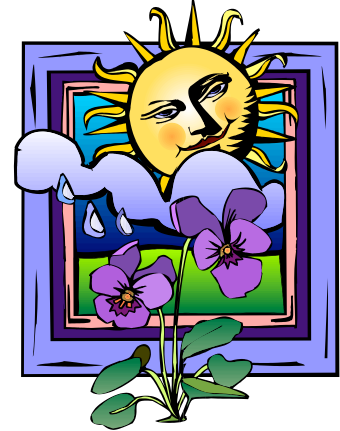


## AWP MONTHLY REMINDER – APRIL 2007

Alliance Work Partners (AWP) is available to assist you and your family in finding balance in work and life through education, resources, referrals, and counseling. Call us anytime, 24-hours a day. We can help.

### **Make a Fresh Start**

**Spring is in the air!** Flowers are starting to bloom, birds are chirping happy songs, and days are becoming longer. The trees are awaking from their slumber and more sunshine is ahead. **It's a great time to make a fresh start.** Perhaps you want to try to walk more, eat healthier foods, get your finances in order, or talk about a problem you've had on your mind. Day or night, AWP can help you get started in the right direction.



Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

**Toll Free: 800-343-3822 • TDD: 800-448-1823**  
**Teen Helpline: 800-334-TEEN (8336) • [www.alliancewp.com](http://www.alliancewp.com)**

### **Happenings in April**

*April is the month to be aware of, or celebrate, the events listed below. Call AWP or search the Internet for more information about these topics. The sites below will get you started!*

**National Volunteer Week (April 15-21):**

<http://www.pointsoflight.org/programs/seasons/nvw/>

**Alcohol Awareness Month:**

<http://ncadi.samhsa.gov/seasonal/aprilalcohol/>

**Stress Awareness Month:**

<http://www.stresscure.com/hrn/april.html>

**Child Abuse Prevention Month:**

<http://www.cyfernet.org/hottopic/childabuse.html>



Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

**Toll Free: 800-343-3822**  
**TDD: 800-448-1823**  
**Teen Helpline:**  
**800-334-TEEN (8336)**  
**[www.alliancewp.com](http://www.alliancewp.com)**