

# Life isn't always easy. Using your Employee Assistance Program is.



## Meet the dedicated EAP Counselors for employees and Cast Members at Walt Disney World Resort!

Whether the challenges you're facing are big or small, your Employee Assistance Program (EAP) benefit provides Disney employees and Cast Members with private and confidential short-term counseling to address topics such as:

- + Friends and family
- + Stress reduction
- + Traumatic events
- + New parents
- + Sleep habits
- + Relationship issues
- + Eating disorders
- + Life and job satisfaction
- + Substance abuse



**Paula Astralaga, LCSW**

*Bilingual Spanish*

Disney University and Health Services



**Roger Chassagne, LCSW**

*Trilingual English, Haitian Creole & French*

Disney University and Health Services



**Lynn Kinney, LSW**

Flamingo Crossings Village East and West



Visit [Disney.Cigna.com/EAP](https://Disney.Cigna.com/EAP) to find out more about your Employee Assistance Program (EAP) benefits.



Call **1-800-952-6676** to speak to Cigna's dedicated advocate team 24/7.