

Real Support for Real Life: Get to know your Employee Assistance Program

Meet the EAP Counselors for employees and Cast Members at Disneyland Resort

EAP counselors can help you with a range of topics such as:

- Communication with friends & family
- Stress/anxiety
- Traumatic events
- Parenting
- Sleep Habits
- Eating disorders
- Life and career
- Substance use



**Irene
Bernal, LCSW**
Spanish bilingual



**Sonja
Carter, LCSW**



**Amanda
DeLoreto, LMFT**



**Taylor
Dickinson, LMFT**



**Elle
Hennessee, LMFT**



**Edgar
Rivera, LCSW**
Spanish bilingual



**Fabiola
Ruiz, LCSW**
Spanish bilingual



**Liv
Sandoval, LCSW**
Spanish bilingual



**Andre
Sy, LMFT**



**Jessica
Vickers, LMFT**

EAP benefits are also available 24/7 to you and everyone in your household,
all at **no cost to you.**

Call **1-800-952-6676** to speak to Cigna's dedicated team or Visit
myCigna.com or the **myCigna app** for more information.