

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

Meet the dedicated EAP Counselors at Disney University

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



**Paula Astralaga,
LCSW**

Bilingual English/Spanish
Tuesdays 8am-4pm



**Diazina Mobley,
LCSW**

Tuesdays 8am-4:30pm



**Ericka Finley,
LCSW**

Wednesdays 8am-4pm



Scan the code or call
1-800-952-6676 to
make an
appointment.

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.



All Cigna products and services are provided exclusively by or through operating subsidiaries of the Cigna Group, including Cigna Healthcare and Evernorth Behavioral Health, Inc.



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

Meet the dedicated EAP Counselors at Health Services

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



Paula Astralaga, LCSW

Bilingual English/Spanish
Wednesdays & Fridays 8am-4pm



Aznaar Volcy, LCSW

Trilingual English/French/Haitian Creole
Saturdays 9am-5:30pm



Scan the code or call
1-800-952-6676 to
make an appointment.

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.



All Cigna products and services are provided exclusively by or through operating subsidiaries of the Cigna Group, including Cigna Healthcare and Evernorth Behavioral Health, Inc.



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

Meet the EAP Counselor for College Program Participants



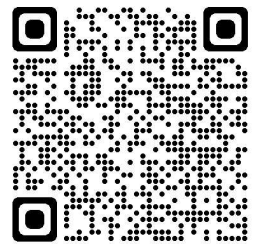
Lynn Kinney, LCSW

Lynn can help you with a range of topics such as:

- Communication with friends and family
- Stress/anxiety/depression
- Traumatic events
- Sleep habits
- Relationships
- Eating disorders
- Life and career
- Substance use

Scan the code or call
1-800-952-6676 to schedule
an appointment.

Appointments available
Tuesdays & Wednesdays at FCV West
and **Thursdays** at FCV East



Private and confidential short-term counseling available
to College Program Participants at Flamingo Crossings Village.

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.



All Cigna products and services are provided exclusively by or through operating subsidiaries of the Cigna Group, including Cigna Healthcare and Evernorth Behavioral Health, Inc.



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

Meet the EAP Counselor for Disney's Animals, Science and Environment



Chastity Odies, LCSW

Chastity can help you with a range of topics such as:

- Communication with friends and family
- Stress/anxiety/depression
- Traumatic events
- Sleep habits
- Relationships
- Eating disorders
- Life and career
- Substance use

Scan the code or call
1-800-952-6676 to schedule
a 20-minute EAP consultation.

In person appointments available
Tuesdays & Thursdays at **DAK**
and **Epcot**. Virtual appointments
available upon request.



Private and confidential short-term counseling available
to Disney's Animals, Science and Environment Cast Members.

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.



All Cigna products and services are provided exclusively by or through operating subsidiaries of the Cigna Group, including Cigna Healthcare and Evernorth Behavioral Health, Inc.



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

Meet the EAP Counselor at Partners Credit Union



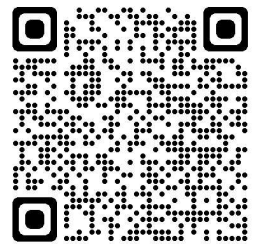
Desiree Hensley,
LCSW

Desiree can help you with a range of topics such as:

- Communication with friends and family
- Stress/anxiety/depression
- Traumatic events
- Sleep habits
- Relationships
- Eating disorders
- Life and career
- Substance use

Scan the code or call
1-800-952-6676 to schedule
an appointment.

Appointments available
Mondays & Thursdays
from **9am-5pm**



Private and confidential short-term counseling available
to Walt Disney World employees and Cast Members.

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.



All Cigna products and services are provided exclusively by or through operating subsidiaries of the Cigna Group, including Cigna Healthcare and Evernorth Behavioral Health, Inc.



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

Meet the EAP Counselor at Celebration



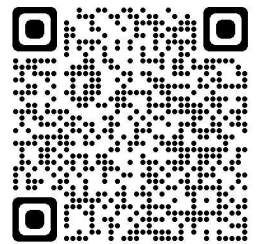
**Diazina Mobley,
LCSW**

Diazina can help you with a range of topics such as:

- Communication with friends and family
- Stress/anxiety/depression
- Traumatic events
- Sleep habits
- Relationships
- Eating disorders
- Life and career
- Substance use

Scan the code or call
1-800-952-6676 to schedule
an appointment.

Appointments available
Mondays & Thursdays
from **8am-4:30pm**



Private and confidential short-term counseling available
to Walt Disney World employees and Cast Members.

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.



All Cigna products and services are provided exclusively by or through operating subsidiaries of the Cigna Group, including Cigna Healthcare and Evernorth Behavioral Health, Inc.

