



EFR EMPLOYEE & FAMILY RESOURCES

DON'T FORGET YOU HAVE A

STUDENT ASSISTANCE PROGRAM

DURING WINTER BREAK!

Call us anytime to schedule your **free, confidential** counseling sessions. Remember you *and your family members* are eligible!

515-244-6090



800-327-4692



SCAN THE QR CODE
FOR MORE INFO ON
YOUR **SAP** BENEFITS!