



Psychological  
Health  
Roanoke, PC

# Advantage EAP

## Employee Assistance Program

April 2009

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Online Resources may be found at the bottom of this newsletter.

## Financial Counseling



During these tough economic struggles, it's time you take control of your financial situation, and financial counseling can help guide you in the right direction.

Did you know that employees are entitled to financial counseling with Advantage EAP?

Yes! Every employee is entitled to one free financial counseling session!

### Advantage EAP proudly introduces Tony Mardian!

Most people can work out a way to be debt-free in two or three years, without turning to the get-rich-quick scams touted on late-night TV and in the backs of magazines.

And they can do it with help from reputable honest coaches, such as Tony Mardian, who give them hope and help them plan without trying to sell them something.

Tony is a Certified Financial Counselor who is passionate for helping people free themselves from the burden of debt. It is this passion that led him to form Cornerstone Financial Counseling, LLC, in Roanoke.

Tony is now able to mesh his passion for training and coaching with his financial literacy. Tony now serves Advantage EAP through direct one-on-one counseling helping others reach the financial goals they desire.



## What can I gain from financial counseling<sup>1</sup>?



- Learn how to live within your means, eliminate debt and save for the future without feeling deprived
- Understand why you spend the way you do
- Identify and heal the root causes of your financial distress
- Move from self-limiting beliefs into beliefs that build financial empowerment
- Analyze your relationship with money and the blocks that have kept you from reaching your financial goals
- Explore the financial issues that drive your money behaviors
- Enjoy your life!

### Contact Us

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned.

\*Call 1-800-699-9396 to schedule your financial counseling session.  
Advantage EAP Hotline

References:

1) Making peace with money: <http://www.makepeacewithmoney.com/>