A pink piggy bank is floating on an orange life preserver in a body of water.



YOUR EMPLOYEE ASSISTANCE PROGRAM

**Getting out of money ruts**

Trying to reach a financial goal or change something about your financial situation can be frustrating. We can help you explore practical strategies to form financial habits.

LET US HELP

TOLL-FREE: 1-877-313-4455

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

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ALWAYS AVAILABLE | FREE | CONFIDENTIAL

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Money Pressures**

**AUGUST 2023**