

# BUFFALO LABORERS' WELFARE FUND

## LOCAL 210

### MEMBER ASSISTANCE PROGRAM

THE MAP CAN HELP YOU & YOUR FAMILY WITH MANY THINGS, INCLUDING:

#### Substance Abuse

Problem Drinking & DWI'S  
Substance Abuse by Family Members  
Illegal Drug use & Drug Testing  
Prescription Drug Misuse

#### Work-Related

Jobsite Conflicts  
Sexual Harassment  
Pre-Retirement concerns  
Job "Burnout"

#### Financial

Problem Gambling  
Household Finances  
Over-extended Credit  
Disability Adjustment

#### Family

Parent-Child Conflicts  
Serious Illness of Family Member  
Caring for Aging Parents  
Child Care  
Single Parenting

#### Marital

Separation  
Divorce  
Communication Problems  
Resolving Conflicts

#### Emotional & Mental Health

Stress & Anxiety  
Depression  
Managing Anger  
Grief & Loss

To contact the MAP

Just call the number below during regular business hours,

You can call and make an appointment with a counselor.

In emergencies you can call the MAP 24 hours a day, 7 days a week

(716) 854 – 1990

When calling outside the 716 calling area, dial 1 (800) 491 – 1990

