



Work-Life Services

Benefits for NYS Employees

Additional Program Information

Employee Assistance Program

goer.ny.gov/employee-assistance-program
(800) 822-0244 (available 24/7)
nyseap@eap.ny.gov

Network Child Care Centers

goer.ny.gov/network-child-care-centers
(518) 473-8091
worklife@goer.ny.gov

Pre-Retirement Planning

goer.ny.gov/pre-retirement-planning-information
(518) 473-8091
worklife@goer.ny.gov



Employee Assistance Program

Network Child Care Centers

Pre-Retirement Planning

Andrew M. Cuomo, Governor, State of New York

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Balancing work, home, and life

Employee Assistance Program

The Employee Assistance Program (EAP) is a worksite-based program designed to help State employees deal with everyday issues involved in balancing work and life, as well as more serious problems that may impact work performance.

Specially trained EAP coordinators, located in agencies and facilities statewide, provide State employees and their family members with information, individual assessments, customized referrals to community resources, and support. EAP services are confidential, voluntary, and offered at no cost to employees and their families.

EAP can help with:

- Family and relationship problems
- Stress, physical, and emotional concerns
- Alcohol and other drug problems
- Health insurance questions
- Identifying local resources for child care, elder care, legal, and financial services
- Wellness programs, including WellNYS Everyday at: goer.ny.gov/wellnys-everyday

Network Child Care Centers

The NYS Network Child Care Centers are licensed by the State of New York and many have achieved national accreditation. Each center is a separate not-for-profit organization with a volunteer board of directors that sets policy and oversees program management.

A listing and description of each center is on the website at: goer.ny.gov/network-child-care-centers

What is offered?

- Enrollment priority to children of State employees
- Peace of mind that comes from having your child close by
- Infant care, part-time care, toddler, and preschool programs
- Summer day camp programs for school-age children at many centers
- Developmentally appropriate programs
- Assurance your child is in a licensed center
- Opportunity for parents to return to work and mothers to continue nursing
- Opportunities for State employees to serve on a board of directors

Pre-Retirement Planning

Pre-Retirement planning information is available to Executive Branch employees both on-line and at seminars. Employees can access a printable on-line version of the comprehensive Self-Help Guide to Pre-Retirement Planning, a checklist, monthly tips, a resource list, and numerous videos. Full-day seminars provide information on planning and the benefits available to retirees.

Topics Covered:

- Planning for retirement
- NYS pension
- Health insurance coverage
- Social Security
- NYS Deferred Compensation Plan
- Medicare

Seminars are held throughout the State for employees who are at least 50 years of age and eligible to retire within five years. For more information on seminar schedules, employees should contact their human resources office.

These programs are the result of a collaboration between New York State and the public employee unions