

# **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**

