

# Work and Career Development



FIRST SUN  
EAP

We Help People **Be Better** at Work



**Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

## Own Your Career Path

Whether you'd like to start with articles and tip sheets or receive referrals for professional resources, we cover a wide range of work and career topics to keep your career development moving forward. Contact us and connect with experts who will get you to the right resources so you can advance your career path.

**We can provide referrals for:**

- Job placement agencies
- Resume writing services
- Retirement savings and planning
- Coping with transition and job loss

*First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.*

*All counseling services are confidential in compliance with the law.*

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee  
& Family

**Member Services**