

Welcome to the JULY edition of the Base Seattle Work-Life Monthly "News Bullets". See a topic and click on the link or contact the POC to learn more!

- **Meet the new Employee Assistance Program Coordinator (EAPC) in Astoria! Please welcome Ms. Karen Collins**, who joined the Work-Life staff and is covering the Southern D13 AOR for Suicide, Critical Incident Stress Management, Workplace Violence and Threatening Behavior CG SUPRT/EAP issues. Contact her directly at [Karen.collins@uscg.mil](mailto:Karen.collins@uscg.mil) or 503-861-6155. For more information on EAPC programs, check our page <http://cglink.uscg.mil/SeattleWorkLife>.
- **Access WORK-LIFE website from home!** Read all about Work-Life programs and connect with valuable resources from your phone or home computer. Share this link with your FAMILY! <https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Seattle/Health-Safety-Work-Life-Department/Work-Life/>. For more information, contact Ms. Angela LeMaster at (206) 217-6615.
- **Increased costs due to special needs?** If you have expenses that TriCare cannot cover, check out the CG Mutual Assistance Grant for Special Needs dependents (must be enrolled in the CG Special Needs Program). For more information, contact Ms. May Chao at (206) 217-6786. <https://cgmahq.org/programs/specialNeeds.html>
- **Child Abuse Prevention Tips** - In 2014, state agencies found an estimated 702,000 victims of child maltreatment. This would pack 10 modern football stadiums. For more information, on Child Abuse Prevention contact Mr. Troy Olson at (206) 217-6612 <http://cglink.uscg.mil/SeattleWorkLife> or National Child Abuse Hotline (800) 4-A-Child <https://www.dshs.wa.gov/ca/child-safety-and-protection/child-abuse-prevention-tips>
- **Microsoft Office for home computers \$9.95** Get the full Microsoft Office Suite for use on your home PC or MAC as an Active Duty member or Civilian employee using your "uscg.mil" email (\$9.95 + shipping). Click here to purchase <http://hup.microsoft.com/>. **Program code: 445DF3F5E5**. For more information, contact Ms. Angela LeMaster at (206) 217-6615.
- **ASIST TRAINING learn life-saving suicide intervention skills.** Applied Suicide Intervention Skills Training (ASIST) - Seattle July 16-17. For more information or to register, contact Ms. Kristin Cox at (206) 217-6607 <https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Employee%20Assistance%20Program.aspx>

V/r  
Your Work Life Staff

Work Life Web Site:  
<http://cglink.uscg.mil/SeattleWorkLife>

Work Life Web Site From Home:  
<https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Seattle/Health-Safety-Work-Life-Department/Work-Life/>

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