

About Your EAP Benefits

No matter what stressors you face inside or outside the workplace, we have services and a local team of experts ready to help. To access any of your benefits, call Penn Foundation's EAP office at 215.257.6556.

Counseling and Psychiatry

Confidential, professional counseling for you and members of your household for a variety of issues including:

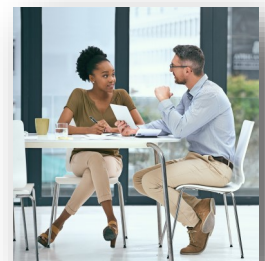
- Stress management
- Premarital, marital, or relationship
- Support
- Grief/loss
- Work-life balance
- Career & work-related support
- Depression
- Anxiety
- Alcohol or drug use
- Child and adolescent issues
- Parenting support



You and members of your household (18 years of age and older) also have access to a psychiatrist. Psychiatry services are only available at our Sellersville Office.

Discounted Legal Fees

Employees who are part of a Penn Foundation Employee Assistance Program benefit by receiving a free, 15-minute phone consultation plus flat fee rates or a 20% discount on various services.



Free Yoga, Tai Chi, & Mindfulness Classes

These practices are held at Penn Foundation's Sellersville location. No registration required.

Yoga ➡ Mondays | 11:40 am–12:30 pm
Wednesdays | 4:30 - 5:30 pm

Tai Chi ➡ Tuesdays | 11:05-11:55 am

Mindfulness ➡ Mondays | 2:30 - 3:00 pm

