
Work-Life Balance Resources – *Quick Reference for District 11 AOR*

Work-Life Offices – 800-872-4957

Critical Incident Response - 510-437-3700

CG Support Program – Counseling and Work-Life Balance – 855-CG SUPRT

Work-Life Supervisor, Alameda – Ms. Regina Thompson – 510-437-5981

Work-Life Supervisor, LA/Long Beach - LT Lori Tillman – 310-521-6126

Employment Assistance – Kim Cosley – 510-437-3927 and Tiffani Collier – 310-521-6136

- Critical Incident Stress Management Coordinator and Peer Training
- Workplace Violence Intervention
- Victim Advocate Peer Training

Additionally:

- Suicide Prevention Awareness Coordinator
- Sexual Assault Prevention and Response Coordinator

Family Advocacy – Trevor Jackman - 510-437-5838 and John Schempf - 707-765-7045
and Felice Roth – 310-521-6133

- Family Violence Crisis Intervention
- Child Abuse Intervention

Additionally:

- Assists Employee Assistance Coordinator with suicide and sexual assault prevention

Family Resource – Kristine Rutland-Cooper – 510-437-3881 and Tony Haynes – 310-521-6134

- Family Special Needs Coordinator

Additionally:

- Child and Elder Care Resources
- Adoption Reimbursement Assistance
- Educational Scholarship, Grant, Loan Resources

Health Promotion – Alex Eclar 510-437-3186 and Cynthia Castellon – 310-521-6131

- Unit Health Promotion Coordinator Training

Additionally:

- Health Risk Appraisal
- Nutritional Counseling
- Exercise Prescription
- Tobacco Cessation Seminars
- Stress Management Seminars

Transition and Relocation – CJ Johnson – 510-437-5991 and Jennifer Conole – 619-278-7117

- Transition (separation) and Retirement Seminars (TAPS)

Additionally:

- Transfer and Relocation Resources
- Spousal Employment Assistance

Ombudsman Coordinators - John Schempf - 707-765-7045 and Jennifer Conole – 619-278-7117

Substance Abuse Prevention - CPO Scott Croinex – 707-765-7081

- CDAR Coordinator
- Awareness and Prevention Training

CG Support Program – (CG SUPRT) through **Value Option**

- Short term counseling and life management assistance to include Suicide Prevention Hotline – 855-CG SUPRT (247-8778). www.CGSUPRT.com