Welcome to the LifeMatters® Web Site

LifeMatters EAP includes access to online services for educational information, care resources, self-help tips, videos, and interactive tools.

Emotional Wellbeing
• Addictions
• Mental Health
• Personal Growth
• Stress Management
• Grief/Loss

Relationships
• Adoption
• Domestic Violence
• Child Care
• Elder Care
• Marriage
• Military Life
• Parenting
• College Life
• Pet Care
• Baby Welcome Program

Health
• Health Tips for Children, Men & Women
• Health Concerns
• Nutrition, Exercise & Lifestyle
• Pandemic Preparedness
• Tobacco Cessation

Workplace
• Changes in the Workplace
• Job Loss
• Problems & Solutions
• Work Satisfaction
• Workplace Safety
• Professional Skill Development

Legal
• Consumer Law
• Divorce & Child Custody
• Identity Theft
• Legal Forms
• Wills & Estates

Financial
• Budgeting
• Calculators
• Estate & Retirement Planning
• Identity Theft
• Taxes

Services
• Self Assessments
• LifeMatters Webinars
• LifeMatters Orientation Video

Log on to mylifematters.com and enter password: sonoma

Employee Assistance Program
1-800-367-7474

In person, online or by phone – we’re always here for you!