



## “I didn’t know LifeWorks® could help with that!”

From parenting concerns to health matters, work issues to financial problems, legal questions to elder care, even with buying your first home, LifeWorks can help!

In fact, you can turn to LifeWorks for help with a wide range of questions and issues. LifeWorks is not just about counselling – it’s also a way to gain access to the information and resources you need.

Best of all, LifeWorks is a **confidential service** available 24 hours a day, seven days a week, at no cost to you.

Here are some examples of how LifeWorks can help you:

### Emotional Wellbeing

- Relationships
- Stress-related concerns
- Mental health issues

### Parenting and Child Care

- Communication, discipline, adoption, single parenting

### Elder Care

- Health/financial information, support and caregiving resources

### Financial

- Budgeting, credit and debt control

### Education

- Kindergarten to high school, college and university information
- Advocating for special needs

### Addiction and Recovery

- Alcohol, drugs, gambling

### Health and Wellness

- Work/life balance, fitness, nutrition

### Everyday Issues

- Community resources, support groups, pet care, home improvements

### Work

- Career development, change management, productivity, relationships

### Legal

- Legal advice, buying/selling a house, estate planning

### Disability

- Independent living
- Family resources