

# Work-Life Services

From treasured moments to major milestones to tricky transitions, Work-Life Services helps you live life smarter and gives you insight and inspiration for the journey.



## Adult Care & Aging

We simplify caregiving by helping you make informed decisions on housing, healthcare, finances, safety and more.

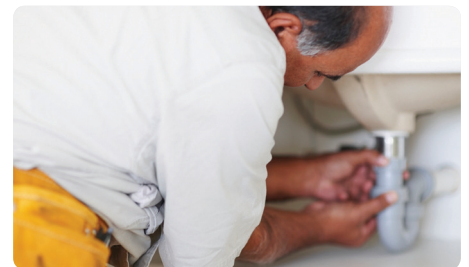
- Care options and living arrangements
- Senior services
- Respite care
- Grief and bereavement
- Community programs



## Child Care & Parenting

From the toddler years to the turbulent teens, we will help you find child care and navigate through the pleasures and pitfalls of parenthood.

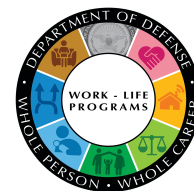
- Parenting infants
- Managing work and family
- School options
- Summer care
- Child health and safety



## Daily Living

Access expert guidance on home improvement, automotive services, travel, cleaning services, consumer information and more.

- Home improvement
- Consumer information
- Emergency preparedness
- Cleaning services
- Travel



**Employee Assistance Program**  
**1-866-580-9046**



### Education

Whether you have a school-age child or are thinking about returning to school yourself, resources are available for financial aid, college, scholarships and tutoring.

- Financial aid and scholarships
- Continuing education
- Tutoring
- Extracurricular activities
- Gifted and talented children



### Moving

Say goodbye to moving stress. Whether you move across town or across the country, we will help you get organized and save time.

- Referrals to movers and real estate services
- School information
- Neighborhood profiles
- Houses of worship
- Recent home sales



### Pet Ownership

They're more than pets; they're family! Bone up on choosing, feeding, insuring, grooming and caring for a pet.

- Local veterinarians
- Pet sitters
- Dog walkers
- Pet supplies and insurance
- Pet-friendly locations and activities



### Pregnancy & Adoption

Your bundle of joy comes with a bunch of challenges. Here you'll find to-dos for nearly every "What should I do?"

- Prenatal care
- Birthing options
- Labor and delivery
- Formula feeding
- Parenting adopted children



### Relationships

Get the information and assistance you need to have healthy, positive and respectful relationships.

- Wedding planning
- Marriage laws and licenses
- Healthy marriage tips
- Separation and divorce support
- Communication tips



### Special Needs

Turn to us for support and understanding as you go through the trials and triumphs of raising a child with special needs.

- Doctor visit preparation
- School services
- Respite care
- Treatment
- Stress management and emotional support