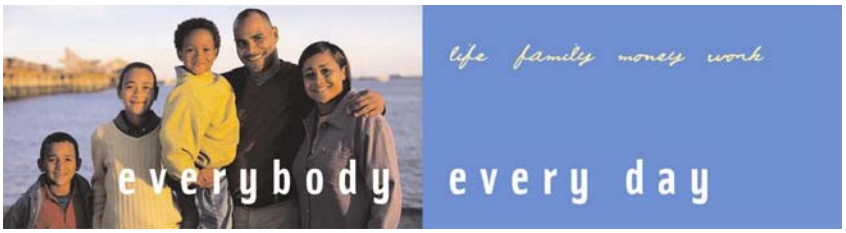
LifeWorks®



LifeWorks can help with the following issues.

Addiction and Recovery
- Alcohol
- Drugs
- Gambling and compulsive behaviors

Adoption
- Adopting step or foster children
- Adoption options
- Raising an adopted Child
- Understanding the adoption process

Children and parenting
- **Find Child Care**
- **Balancing work and family**
- **Communicating with your kids**
- **Sibling relationships**
- **Single parenting**
- **Step parenting**
- **Divorce, separation and child custody**

Midlife and Retirement

- **Relationships in midlife**
- **Goals and priorities in midlife**
- **Planning for retirement**
- **Transitioning to retirement**
- **Education, travel and volunteer opportunities**

Emotional Well-Being
- Depression
- Relationships
- Mental Health Issues
- Divorce/Separation
- Grief and loss
- Personal Issues
- Short-term counseling sessions available through LifeWorks

Financial Consultation
- Basic tax planning
- Saving for retirement

Legal Consultation
- Wills
- Living wills
- Estate planning

Money
- Personal budgeting
- Debt management
- Saving and investing
- Buying, selling, or renting a home
- Consumer protection
- Saving for college

Helping Aging Parents
- Elder legal issues
- Caregiver support/care planning
- Finding Home health care
- Transportation services
- Medicare/Medicaid
- Living arrangements

Work
- Workplace change
- Job stress and burnout
- Managing people
- Relocation
- Career development
- Education

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TTY/TDD: 800-999-3004
En espanol llame al 888-732-9020

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CERIDIAN