



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

LifeWorks®

call: 877-234-5151

TTY/TDD: 800-999-3004

En español llame al 888-732-9020

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