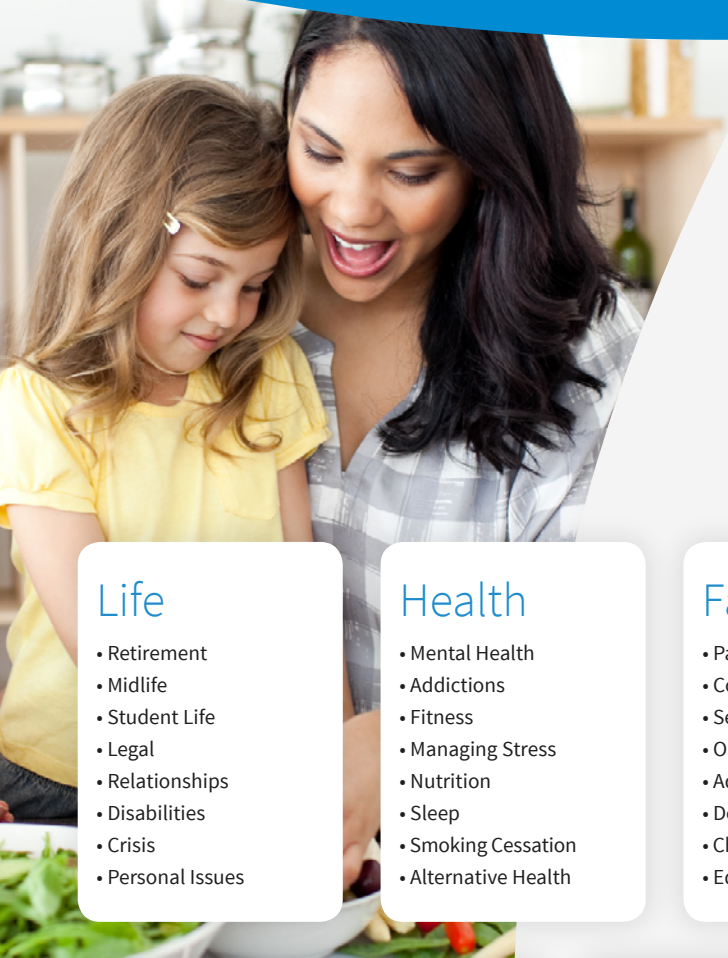




## Expert Help with Life, Work and Everything in Between.



LifeWorks provides confidential counselling, consultations, community referrals, multimedia resources and online access to hundreds of articles, self-assessments, blogs, podcasts, calculators and more. Services are available 24 hours a day, seven days a week, and are provided at no additional cost to you and your dependents, as defined by your benefits plan.

### Life

- Retirement
- Midlife
- Student Life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal Issues

### Health

- Mental Health
- Addictions
- Fitness
- Managing Stress
- Nutrition
- Sleep
- Smoking Cessation
- Alternative Health

### Family

- Parenting
- Couples
- Separation/Divorce
- Older Relatives
- Adoption
- Death/Loss
- Childcare
- Education

### Work

- Time Management
- Career Development
- Work Relationships
- Work Stress
- Managing People
- Shift Work
- Coping with Change
- Communication

### Money

- Saving
- Investing
- Budgeting
- Managing Debt
- Home Buying
- Renting
- Estate Planning
- Bankruptcy

### Online Toolkits

- Mindfulness Toolkit
- Divorce Toolkit
- Identity Theft Toolkit
- Complete Estate Planning & Will Kit
- Financial Toolkit
- Manager Toolkit

### Services

- Eating Well Telephonic Nutritional Counselling
- Online Depression Centre
- Online Stop Smoking Centre
- Career Cruising
- Naturopathic Services

### Podcasts

- Sleep Health Tips
- Getting Help for Depression
- Five Ways to Boost Your Mental Energy
- Managing Your Moods
- Quick Stress Reducers
- Standing Meditation
- Achieving Your Goals

Contact LifeWorks toll-free for 24/7 support:

Visit us online:

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User ID:

Password: