

# Your GuidanceResources® Work-Life Benefits

*“Finding life’s balance is a lot easier with the help of the work-life specialists at GuidanceResources. They are knowledgeable and full of ideas, resources and solutions for my everyday challenges.”*



## Are you:

**A parent looking for answers to parenting questions?**

### Get help with:

- › Child care
- › Nanny services
- › Before- and after-school care
- › Camps
- › Financial assistance
- › Adoption information

**A family member of an elder? Learn about:**

- › Home health care
- › Respite care
- › Community services
- › Help determining the right level of care
- › Screened referrals for assisted living and nursing homes
- › Hospice information

**Looking for a place to live? Get help with:**

- › Finding an apartment
- › Finding movers
- › Relocating to another city
- › Choosing a realtor
- › School and neighborhood information
- › Housing and utility assistance

**A pet owner? Get information on:**

- › Dog walkers
- › Kennels and pet care
- › Veterinarians
- › Obedience classes
- › Pet insurance

**Sending a child off to school? Learn about:**

- › Choosing schools, from preschool through college and beyond
- › Financial aid
- › Scholarships
- › Tutors
- › Special needs

**Planning a major project? Find resources and qualified experts for:**

- › Weddings and other events
- › Home improvement products
- › Vacation planning
- › Making a big purchase, such as a home or car

## Get the Help You Need. Here's How:

Just call your GuidanceResources toll-free number. You'll be connected to a GuidanceConsultant<sup>SM</sup> who will talk with you about your specific needs. Our work-life specialists will research your question, and, in just a few business days, send you a complete packet of practical information including prescreened referrals (as appropriate), HelpSheets<sup>SM</sup> on your subject and much more. The materials can be delivered to you via e-mail, fax or second-day air.

**ComPsych®**

**GuidanceResources®**

**Call: 866.519.8360**

**TDD: 800.697.0353**

**Go online:**

**guidanceresources.com**

**Your company Web ID:**

**EAP4TRU**

