

# LifeWorks

## 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
- Will Kit

### Blogs

- Food & Fitness
- Questions Parents Ask
- Your Money
- Work-Life

### Online Toolkits

- Planning Your Life After 50
- Finding Your Path in Your 20s and 30s
- Complete Will Kit
- Financial Toolkit
- Divorce Toolkit

### Interactive Programs

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

### Podcast Series

- Simplify Your Life
- Bullying
- Relationship Rescue
- Managing Your Money
- Caregiving
- Depression

We're here for you 24/7.

Call LifeWorks toll-free:

1.877.207.8833

TTY: 1.877.371.9978

