

# Work-Life Web Services

From treasured moments to major milestones to tricky transitions, Work-Life Web Services helps you live life smarter and gives you insight and inspiration for the journey.



Adult Care & Aging

We simplify caregiving by helping you make informed decisions on housing, healthcare, finances, safety and more.

- Care options and living arrangements
- Senior services
- Respite care
- Grief and bereavement
- Community programs



**Child Care & Parenting** 

From the toddler years to the turbulent teens, we will help you find child care and navigate through the pleasures and pitfalls of parenthood.

- Parenting infants
- Managing work and family
- School options
- Summer care
- Child health and safety



## **Daily Living**

Access helpful information and resources to help manage your daily tasks.

- Home improvement
- Emergency preparedness
- Cleaning services
- Travel



Employee Assistance Program 1-800-327-5048





#### Education

Whether you have a school-age child or are thinking about returning to school yourself, help is available.

- Financial aid and scholarships
- Continuing education
- Tutoring
- Extracurricular activities
- Gifted and talented children



### Moving

Say goodbye to moving stress. Whether you move across town or across the country, we will help you get organized and save time.

- Moving services
- School transition
- Relocation checklists
- Packing tips
- Home improvement
- Financial tools



Pregnancy & Adoption

Your bundle of joy comes with a bunch of challenges. Here you'll find to-dos for nearly every "What should I do?"

- Prenatal care
- Birthing options
- Labor and delivery
- Formula feeding
- Parenting adopted children



Relationships

Get the information and assistance you need to have healthy, positive and respectful relationships.

- Wedding planning
- Marriage laws and licenses
- Healthy marriage tips
- Separation and divorce support
- Communication tips



## **Pet Ownership**

They're more than pets; they're family! Bone up on choosing, feeding, insuring, grooming and caring for a pet.

- Pet sitters and trainers
- Dog walkers
- Pet insurance
- Pet-friendly activities



## **Special Needs**

Turn to us for support and understanding as you go through the trials and triumphs of raising a child with special needs.

- Doctor visit preparation
- School services
- Respite care
- Record keeping
- Stress management and emotional support