

**THERE'S
ANOTHER
WAY**



Detours are a part of life. GuidanceResources® can help you get back on track. Call or go online for expert support, resources and information. This benefit is free, confidential and available to you and your family, 24 hours a day/7 days a week.

Call: 877.595.5281 TDD: 800.697.0353

Online: guidanceresources.com

Your company Web ID: EAPBusiness



Find Life's Balance

GuidanceResources® can help you. Call or go online for expert support, resources and information. This benefit is free, confidential and available to you and your family, 24 hours a day/7 days a week for help with:

- › Stress, anxiety and depression
- › Family and relationship conflicts
- › Grief and loss
- › Substance abuse

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HAPPINESS IS TIMELESS

Finding proper elder care services for your loved one can be a challenge. The experts at GuidanceResources® can offer support, resources and information to help you and your family make these important decisions. Call or go online 24/7 for free and confidential assistance with these and other elder care issues:

- › Long-term care insurance
- › Paying for elder care
- › Dealing with caregiver stress

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IT'S YOUR MOVE

House hunting, packing, moving and settling in. Relocating your family can take a lot of time and effort. Your GuidanceResources® program can lighten some of that load. Call or go online for free and confidential resources, support and information about these and other issues related to your move:

- › Tenant's rights
- › Apartment and house hunting
- › Preparing children for a move
- › Helping your family adjust to a new community and friends
- › Taking advantage of community resources

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MAKE SENSE

Sometimes it doesn't add up, but you can count on your GuidanceResources® program to help clarify the financial issues impacting you and your family. Call today and speak to a Certified Public Accountant or Certified Financial Planner for free and confidential information and resources on a wide array of issues, including:

- › Budgeting
- › Credit card debt
- › Tax questions
- › Paying for college

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SUITED FOR EACH OTHER

Even if you've found your perfect match, a relationship still requires work. Your GuidanceResources® program can provide the expert resources, support and information to strengthen your personal and professional relationships, and help you create new ones. Call toll-free or go online anytime for free and confidential assistance on these and other relationship topics:

- › The value of communication
- › Learning how to compromise
- › How face-to-face counseling can improve existing relationships

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UNCOVER YOUR LIGHT

Stress and depression can cast a shadow over your entire life. Contact GuidanceResources® for the expert support, resources and information that can help you remove the darkness. Call 24/7 for free and confidential help about these and other topics important to you and your family:

- › Tips on how to identify warning signs of depression and suicidal behavior
- › Myths about stress and depression
- › Developing resiliency and mindfulness

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WADING THROUGH OPTIONS

Not sure where to find reliable and trustworthy child care? Your free and confidential GuidanceResources® program can help by providing expert resources, support and information. Call today or go online to find out about:

- › The differences between child care centers, family day care and babysitting cooperatives
- › Identifying pre-school and after school options
- › What questions you should ask a potential caregiver
- › Identifying ways to monitor the care your child receives

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