

# 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	Health	Family	Work	Money
Retirement	Mental Health	Parenting	Time Management	Saving
Midlife	Addictions	Couples	Career Development	Investing
Student Life	Fitness	Separation/Divorce	Work Relationships	Budgeting
Legal	Managing Stress	Older Relatives	Work Stress	Managing Debt
Relationships	Nutrition	Adoption	Managing People	Home Buying
Disabilities	Sleep	Death/Loss	Shift Work	Renting
Crisis	Smoking Cessation	Childcare	Coping with Change	Estate Planning
Personal Issues	Alternative Health	Education	Communication	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

**Contact LifeWorks for 24/7 Support:**

TTY

**Visit us online:**

User ID:  Password:

