

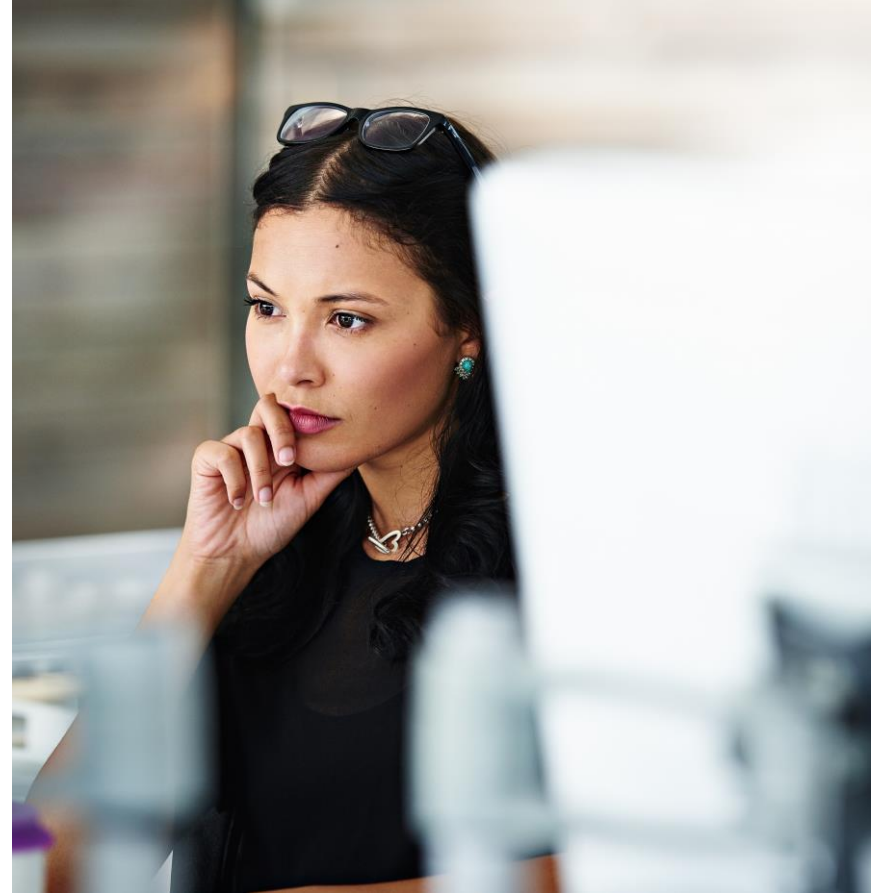
Welcome to LifeWorks

Support for Family, Health, Life, Money,
Work and Everything in Between



What's on your mind?

- Feeling stressed
- Relationship issues
- Looking to improve sleep habits
- Personal issues – sadness, anxiety
- Looking to be more physically active
- Becoming a parent
- Planning for retirement
- Dealing with a crisis
- Childcare
- Professional goals
- Have a legal question
- Money management questions
- Mindfulness and resiliency strategies
- Grief
- Supporting older relatives
- Need to speak with a counsellor



How we can help

We offer confidential, professional assistance and support to help you manage all of life's complexities—be it issues with your Work, Health or Life.

Clinical Counselling

- Personal/emotional issues
- Family
- Couples/ relationships
- Work related
- Addiction related

Work-Life Services

- Legal Consultations
- Financial Consultations
- Career Services
- Nutrition Consultations
- Health Consultations
- Family Support Services
(Child and Elder care)
- LIFT Session Fitness

Clinical counselling in more detail

Our clinical team is equipped to address a broad range of issues that may be impacting you or your family.

Personal/Emotional	Family	Couple/Relationship	Work-related	Addiction-related
<ul style="list-style-type: none">• Stress/anxiety• Depression• Suicidal risk• Self esteem• Anger issues• Life stages• Post-trauma support• Abuse	<ul style="list-style-type: none">• Parenting• Child/ Adolescent behaviour• Blended family• Communication• Elder-related• Extended family relations	<ul style="list-style-type: none">• General relationship• Relationship breakdown• Separation/divorce• Intimacy issues• Communication• Conflict resolution• Family planning	<ul style="list-style-type: none">• Workplace performance/ stress• Work relationships/ conflict• Career planning• Career resiliency• Retirement planning• Workplace violence/ harassment	<ul style="list-style-type: none">• Alcohol• Drugs• Other's addictions• Smoking• Gambling

Professional Consultations

Service categories	For example...	
Legal Consultation (excl. workplace disputes)	<ul style="list-style-type: none">• Separation/divorce• Child custody• Criminal law	<ul style="list-style-type: none">• Wills/estates• Civil litigation
Financial Consultation (excl. international tax)	<ul style="list-style-type: none">• Debt/credit• Divorce• Investment planning	<ul style="list-style-type: none">• Taxes• Retirement• Insurance
Career Services	<ul style="list-style-type: none">• Counselling• Career planning	<ul style="list-style-type: none">• Career resiliency coaching• Retirement planning

Other Work-Life Services

Telephonic / Online

Work-Life Services	For example...	
Nutrition Consultation	<ul style="list-style-type: none">• General healthy eating• Weight gain/loss	<ul style="list-style-type: none">• Disease state management• Accommodating shift work
Health Consultation	<ul style="list-style-type: none">• Physiology• Risk reduction• Stress management	<ul style="list-style-type: none">• Diet/lifestyle• Weight management
Family Support Services	<ul style="list-style-type: none">• Planning a family• Expectant/new parents• Home support services	<ul style="list-style-type: none">• Special needs• Elder Care• Residential care• Community programs
LIFT Fitness Program	<ul style="list-style-type: none">• Virtual fitness program available on mobile app• Chat online with fitness coach	<ul style="list-style-type: none">• Customized, at home workouts• No equipment required

Connect with the LifeWorks Program

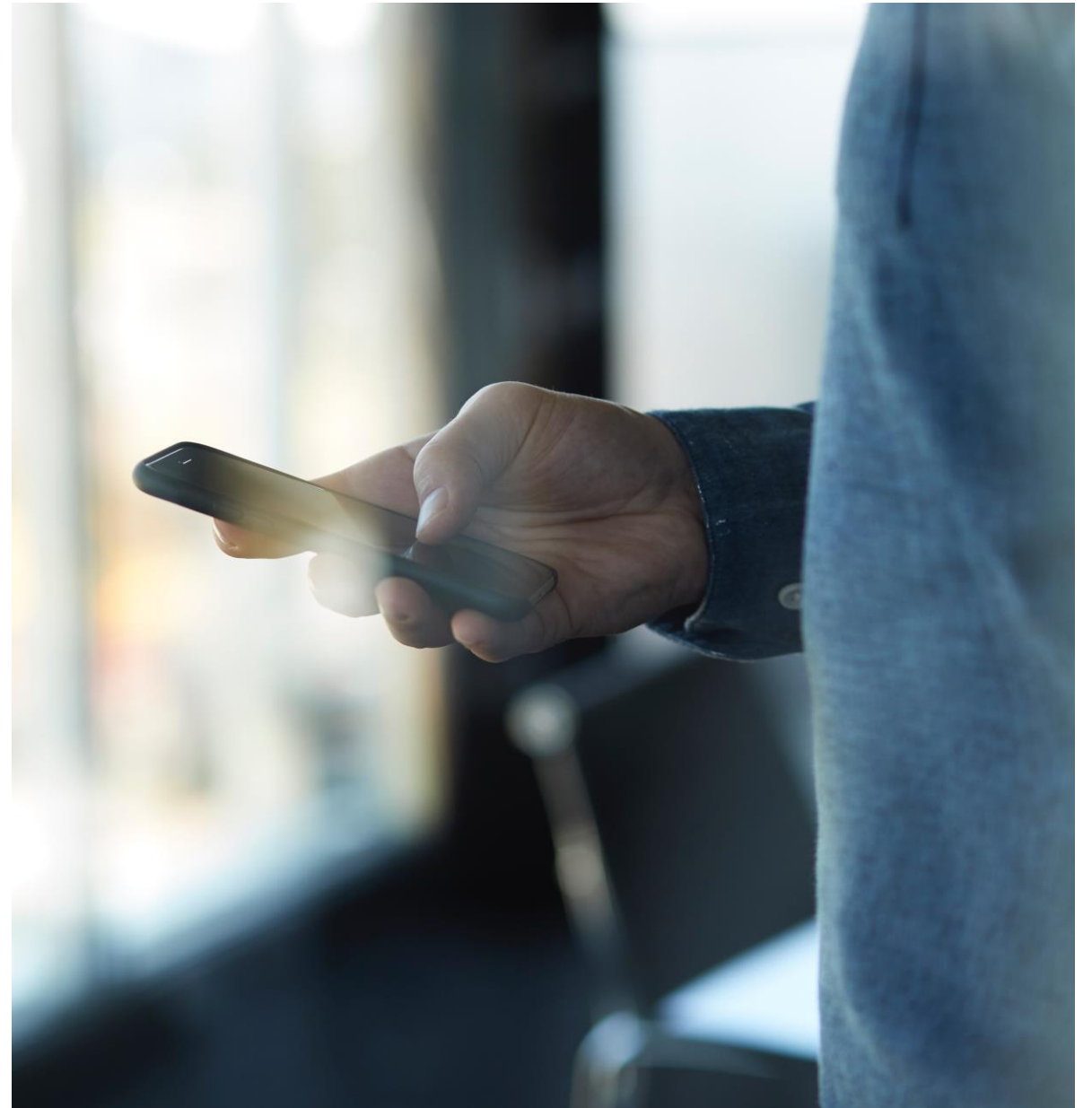
Call us 24/7/365 at

1-844-880-9142

Or visit us online:

www.workhealthlife.com

Myeapsupport.com



Thank you
Questions?

