



...that's **Life**

From coping with change in your life to dealing with family issues, you can turn to *inConfidence* for information, ideas and support. Whatever's happening in your life — whether you're trying to lead a healthier lifestyle, build stronger relationships or be more productive at work — we can help. No question is too big, no issue too small. You'll also find hundreds of articles, materials and resources at www.myinconfidence.ca.

Life is bold. It demands attention.

Get in touch with *inConfidence* today.

www.myinconfidence.ca
1-877- 418- 2181
TTY/TDD: 1-877-371-9978



Get the answers you need — any day, any time.

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LIFE

- Stress and overload
- Addiction and recovery
- Relationships
- Depression
- Work/life balance
- Divorce and separation
- Grief and loss
- Everyday issues
- Home improvements

FAMILY

- Parenting
- Child care
- Adoption
- Discipline and safety
- Teenagers
- Single parenting
- Blended families
- Education
- College planning
- Financial aid
- Caring for seniors
- Caregiver resources

MONEY

- Budgeting
- Debt management
- Credit and collections
- Saving and investing
- Basic tax planning
- Buying a car
- Home buying and renting
- Saving for college
- Bankruptcy
- Estate planning and wills

WORK

- Time management
- Career development
- Coworker relationships
- Communication
- Job stress and burnout
- Relocations
- Business travel
- Retirement planning

HEALTH

- Exercise and physical activity
- Nutrition
- Sleep
- Personal well-being
- Condition management
- Living with a disability
- Safety
- Living wills



Our *inConfidence* service provider is Ceridian. They abide by all provincial and federal laws. These laws may require them to limit service or report information to authorities regarding child abuse, elder care or threat of harm to yourself or others.

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inConfidence[®]

Employee & Family Assistance Program



Life

moves, changes, begins,
challenges, questions, hurts,
exhausts, inspires, connects,
satisfies, rewards...



What's your life doing right now?

No matter where you are in life, the professionals at *inConfidence*® can find answers to your questions — any day, any time.

Life is always changing.

It's filled with challenges, opportunities and questions that can lead you into uncharted territory. Even when you're just trying to balance family, work and everyday life, things can be unpredictable.

For those times when you don't have all of the answers, *inConfidence*® can help.

Whether you're raising a teenager or coping with the loss of a loved one, we offer practical solutions, trusted support and valuable resources. Our professionals are here for you and your family — any day, any time. Best of all, your organization provides this completely confidential service at no cost to you.



caring

support



*It's your life.
Take charge.*



Answers. Advice. Support.
Solutions. Ideas. Tools.
Resources. Expertise. Tips.
Instructions. Guidance.

That's *inConfidence*.

When you call *inConfidence*, you'll be talking to an expert trained to offer confidential advice and practical solutions.

inConfidence Online is also a great way to find the information you need whenever you have a question. Along with referrals to community resources, you can search for child care, contractors, colleges, assisted living facilities and more.

As a comprehensive source of answers and advice, *inConfidence* Online features hundreds of free articles, audio features and self assessments to help you with budgeting and investing.

trust



No matter who you are —
no matter where you are in life —
inConfidence is for you.

inConfidence®
Employee & Family Assistance Program