



...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.

www.myinconfidence.ca

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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



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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