

Ways inConfidence can help

Life

Work/Life balance
Stress and overload
Relationships
Staying strong as a couple
Depression
Addiction and recovery
Finding a counsellor
Midlife issues
Divorce and separation
Grief and loss
Finding time for you
Legal issues

Health

Personal well-being
Healthy eating and exercise
Managing stress
Getting the sleep you need
Quitting tobacco
Condition management
Heart health
Living with a disability
Aging well
Finding support for another relative
Safety

Money

Budgeting
Saving and investing
Basic tax planning
Buying or renting a home
Buying a Car
Dealing with debt
Credit and collections
Bankruptcy
Estate planning and wills

Family

Planning for a new baby
Adoption
Parenting
Finding childcare
Raising a child with special needs
Teenagers
Single parenting
Stepfamilies
Caring for older relatives
Caregiver resources
Planning and paying for college or university

Work

Time management
Job stress and burnout
Education and training
Career development
Navigating change
Being an effective manager
Getting along with co-workers
Communication
Networking
Retirement planning

Additional support available to you through inConfidence

Stop Smoking Centre

Depression Centre

Career Cruising