



Looking to make positive lifestyle changes or choices? inConfidence is here to help!

"The program is invaluable and a service my family is grateful to have. Thank you."

"This is a wonderful benefit that has been of enormous value in making decisions for my two elderly parents."

"I liked the opportunity to deal with some issues that have been bothering me."

You may not be aware of all the ways that **inConfidence** can support you, your partner, and your dependent children through life's ups and downs. Whether you're facing a tough challenge or an exciting opportunity, we can help you consider all possibilities, and make positive choices and changes -- for life!

Maybe you're struggling to manage a stressful issue at home, or you're thinking about a big career shift. Maybe you're looking to design a nutritious menu or fun exercise regime the whole family will enjoy, or you would benefit from professional guidance to better manage your money. Contact us any time, 24/7, for guidance to help you:

- Set realistic goals for lifestyle improvements you'd like to make
- Deal with a personal issue that is causing you distress
- Plan for your future, or make a major life decision such as starting a family, changing jobs, retiring, or moving
- Locate resources, agencies, support groups, and other tools so you can thrive

You can also log in any time to www.myinconfidence.ca to access hundreds of articles, booklets, toolkits, and recordings. This month, listen to a **NEW** podcast, *How a Support Group Helped Me*, featuring true stories of people experiencing divorce, addiction, caregiving challenges, and health issues, and how they drew strength from others. Or:

- explore hundreds of resources on our [Life Changes](#) tab for to help with many of life's significant events
- read articles and booklets: [Work Life Play: Making the Most of Everyday](#); [Taking Stock in Midlife](#); [Coping with Change](#); [Growing Stronger Through Change](#); [Breaking a Bad Habit](#)
- follow our practical blogs: [Questions Parents Ask](#), [Food and Fitness](#), [Work-Life](#), or [Your Money](#)

Call inConfidence at 1-877-418-2181 anytime. TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca or access via

Ceridian LifeWorks Mobile

(User ID: NLMA ; Password: inconfidence)