

A close-up photograph of a pair of hands cupped together, holding a small amount of dark brown soil. A small, vibrant green seedling with three leaves is growing out of the soil. The background is a soft-focus outdoor setting with green foliage.

inConfidence

## September feature – Adapting to Change

We're featuring resources to help you keep pace with and effectively manage stress during times of change—whether you're applying to college, adjusting to a new job, going through a breakup or divorce, facing a big financial change, or missing your best friend who recently moved away.

**A wealth of online resources is available to you.** See [Adapting to Change](#), this month's feature on our homepage, where you'll find links to articles, a toolkit, and a new infographic. And listen to our new podcast, [Finding Opportunity in Change](#), featuring Mark Malis, head of Global Human Resources at LifeWorks. He talks about why change is often a challenge, and shares tips on how to find opportunity in change at work and in your personal life.

If you're trying to cope with changes or experiencing a life transition, and you could use helpful resources and guidance, contact a consultant today for free, confidential support.

**Call inConfidence any time, toll-free: 1-877-418-2181**

**TTY: 1-877-371-9978**

**Online: [www.myinconfidence.ca](http://www.myinconfidence.ca)**

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