

Life
 CHANGES QUICKLY.
 YOU CARE FOR YOUR
family & health,
 WE'RE HERE FOR YOU 24/7
 GO TO **WORK** AND MANAGE YOUR **MONEY.**
 WE HAVE HELP FOR EVERY DAY THAT
 REALLY
Works.

WE HAVE answers:

Life

- Stress and overload
- Staying strong as a couple
- Depression
- Addiction and recovery
- Finding a counsellor
- Midlife issues
- Divorce and separation
- Legal issues
- Grief and loss
- Finding time for you

Health

- Healthy eating and exercise
- Managing stress
- Getting the sleep you need
- Quitting tobacco
- Heart health
- Aging well
- Safety

Family

- Caring for older relatives
- Planning for a new baby
- Adoption
- Parenting
- Finding child care
- Raising a child with special needs
- Teenagers
- Single parenting
- Stepfamilies
- Paying for college or university

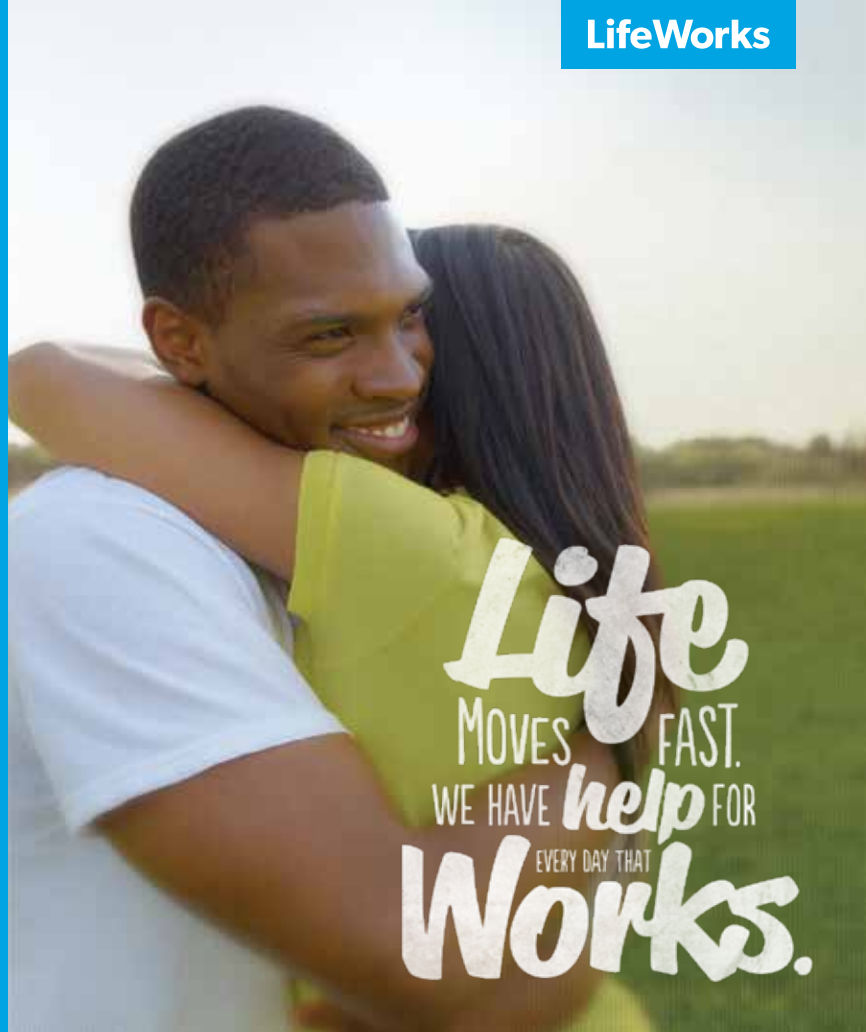
Money

- Making ends meet
- Dealing with debt
- Saving and investing
- Buying a car
- Buying or renting a home
- Estate planning and wills

1-877-207-8833
LifeWorks.com
 TTY : 1-877-371-9978
 En français : 1-877-307-1080



This program is brought to you by Ceridian LifeWorks. We abide by all provincial and federal laws.



Life
 MOVES FAST.
 WE HAVE help FOR
 EVERY DAY THAT
Works.

EXPERT HELP WITH LIFE, WORK AND EVERYTHING IN BETWEEN.

Welcome to LifeWorks, a program that can help with almost anything. Whether you have questions about handling stress, maintaining relationships, challenges at work, parenting and child care, caring for an older relative, or health issues like losing weight or quitting smoking, you can turn to LifeWorks for answers and support.

Expert advice you can count on.

Our professional consultants have the knowledge and experience to give you sound advice and reliable strategies. Our online information and tools are designed to give you expert resources whenever you need them.

Your privacy is important to us.

LifeWorks is a confidential service. No one can find out that you used the service or any information you provide to us without your consent.

There's no cost to you.

The LifeWorks program is provided to you through your employer or organization. There is no charge to you for using the program or for any of the information or help we provide.

Get the app.

Access tools and resources right from your phone. Get the free LifeWorks mobile app for iPhone, Android and BlackBerry — just search for LifeWorks in your app store.

LIFE IS COMPLICATED. IF YOU HAVE
QUESTIONS,
WE HAVE ANSWERS.

Just Call or Click.

We make it easy for you to contact us, day or night, whatever your schedule. Call the toll-free number at any time, 365 days a year, to speak with a consultant for advice or request in-person sessions with a local mental health counselor. Or go online to access hundreds of articles, audio and multimedia resources, booklets, quizzes and online tools including child and elder care locators, or financial and health calculators.

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YOU'RE
NEVER
ALONE