

**Life**  
MOVES FAST.  
WE HAVE **help** THAT  
REALLY  
**Works.**

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**LifeWorks.com**  
**1-866-331-6851**

User ID : efaq  
Password : support

TTY : 1-877-371-9978  
En français : 1-800-565-9973

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LW-WC-CDN-1/14 GHG-WC-CDN-1/12



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## 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

### Money

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

### 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

### Work

Time management  
Career development  
Navigating change  
Getting along with coworkers  
Networking  
Retirement planning  
Education and training  
Being an effective manager

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