



**Our mission is to empower people to excel.**

**W**e do this by partnering with you ... to provide resources and solutions to life's challenges in the areas of work, family, emotional and addictive behaviors, and life changes.

**We want every day to be the best day of your life!**

**N**one of us can be at our best all of the time. Sometimes personal situations carry over and affect you at work. And sometimes work situations impact the quality of your personal life. When that happens, it is good to know there is a place to turn for help.



(866) 579-4680 • [www.rfl.com](http://www.rfl.com)  
Open 24 hours a day, 7 days a week  
Free of charge and confidential  
Call us today!



*A free benefit for you and your household members*

At Resources For Living, our consultants and counselors help you create solutions for meeting workplace and personal life challenges. Our desire is to empower you to excel!

We provide support, information and resources in the following areas 24 hours a day, 7 days a week.

In addition to our traditional services, we have added more areas where we can support you or a household member. Check it out!

### Emotional Wellness

- Dealing with Depression
- Managing Anxiety
- Effectively Expressing Anger
- Communicating Feelings
- Understanding and Dealing with the Phases of Grief

### Relationships

- Balancing Work and Family
- Strengthening Your Relationships
- Communication Skills
- Conflict Resolution Skills
- When Violence Touches You at Home

### Parenting

- Effective Discipline
- Relating to Your Teenager
- Sharing Household Responsibilities
- Single Parent Challenges
- Adult Children Returning Home
- Raising Grandchildren
- Dealing with Divorce
- Recovering Child Support

## Additional Areas of Resources For Life!

### Debt Management

- Debt Consolidation
- Credit Management
- Understanding Your Credit Report
- Cleaning Up Your Credit Report

### Financial Planning

- Preparing a Household Budget
- Life Insurance Needs
- Retirement Planning
- Funding an Education



### Child Care

- Child Care Options
- Affordability of Child Care
- Child Care Options for Special Needs and Circumstances

### Home Ownership

- Preparing to Qualify for a Mortgage
- Mortgage Lending
- Mortgage Loan Payment Delinquency
- Mortgage Assistance

### Health

- Dealing with Others' Addictions
- Dealing with Your Addiction
- Health and Wellness
- Dealing with a Chronic Illness
- Managing Pain
- Locating Cost Effective Medication

### Housing

- Explore Housing Options
- Government Programs

### Elder Care

- Care for the Care Giver
- Dealing with Alzheimer's Disease and Other Disorders
- Support Groups
- Meal Services
- Transportation
- Senior Housing Options
- Community Services and Resources
- Government Programs

### Legal

- Housing and Real Estate
- Landlord/Tenant Issues
- Adoption
- Immigration/Naturalization

### Transportation

- Community Transportation
- Paying for Transportation

**FREE • CONFIDENTIAL • 24 HOURS A DAY • 7 DAYS A WEEK**