Your GuidanceResources® Work-Life Benefits

“Finding life’s balance is a lot easier with the help of the work-life specialists at GuidanceResources. They are knowledgeable and full of ideas, resources and solutions for my everyday challenges.”

Are you:
A parent looking for answers to parenting questions?
Get help with:
› Child care
› Nanny services
› Before- and after-school care
› Camps
› Financial assistance
› Adoption information

A family member of an elder? Learn about:
› Home health care
› Respite care
› Community services
› Help determining the right level of care
› Screened referrals for assisted living and nursing homes
› Hospice information

Looking for a place to live? Get help with:
› Finding an apartment
› Finding movers
› Relocating to another city
› Choosing a realtor
› School and neighborhood information
› Housing and utility assistance

A pet owner? Get information on:
› Dog walkers
› Kennels and pet care
› Veterinarians
› Obedience classes
› Pet insurance

Sending a child off to school? Learn about:
› Choosing schools, from preschool through college and beyond
› Financial aid
› Scholarships
› Tutors
› Special needs

Planning a major project? Find resources and qualified experts for:
› Weddings and other events
› Home improvement products
› Vacation planning
› Making a big purchase, such as a home or car

Get the Help You Need. Here’s How:
Just call your GuidanceResources toll-free number. You’ll be connected to a GuidanceConsultant™ who will talk with you about your specific needs. Our work-life specialists will research your question, and, in just a few business days, send you a complete packet of practical information including prescreened referrals (as appropriate), HelpSheets™ on your subject and much more. The materials can be delivered to you via e-mail, fax or second-day air.

ComPsych®
GuidanceResources®
Call: 844.UCI.EAP3 (824.3273)
TDD: 800.697.0353
Go online: guidanceresources.com
Your company Web ID: UCIEAP3

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