

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 GuidanceConsultantSM 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), HelpSheetsSM 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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