

# YOUR RESOURCE CONNECTION



Let Workplace Solutions help you develop creative strategies to  
**STIMULATE YOUR MIND, BALANCE YOUR EMOTIONS**  
and **ENHANCE YOUR WELL-BEING**

## Work-Life Balance

*Consultation, Education,  
Resources & Referrals*

*Common requests include:*

- Child Care Options
- Parenting Resources
- Tutoring Programs
- Back-up/Sick Child Care
- Health/Wellness Information
- Career Transition Resources
- Educational Resources
- Home Maintenance
- Adoption Resources
- Senior Housing Options
- Home Health Care Services
- Pet Care Services

## Legal-Financial Resources

*Consultation, Education,  
Resources & Referrals*

*Common requests include:*

- Divorce/Custody Issues
- Small Claims
- Wills and Estate Planning
- Real Estate
- Debt Management
- Identity Theft Recovery
- Financial/Budget Counseling
- Credit Report Review
- Financial Planning Resources
- Bankruptcy/Foreclosure



## Confidential Counseling

*When life gets complicated, talk to us!*

*Commonly presented concerns include:*

- Family/Relationship Difficulties
- Depression/Anxiety
- Emotional Health/Well Being
- Parenting Concerns
- Stress Related to Work/Home
- Grief/Loss Issues
- Substance Abuse/Dependence
- Compulsive Behaviors
- Life Transitions

## Stay Connected!

**WEBINARS** *e-Newsletters*

posters **ARTICLES** [wseap.com](http://wseap.com)

**(800) 327-5071**   

*Work-Life &  
Legal-Financial Portal*



**Kendall County  
Special Education Cooperative**

username: wps240  
password: worklife



*You set the criteria, we do the search –  
so you can concentrate on your job, not your worries.*