



AssistNETSM

Free & Confidential

At **AssistNET**, 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 to you and your household members.

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
- Communications 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

LEGAL

- Wills and probate matters
- Civil and consumer concerns
- General consultation and advice
- Family and elder law
- Real estate issues

FINANCIAL

- Budgeting
- Credit and debt management
- Taxes
- Mortgage re-financing
- Retirement Planning

CHILD CARE

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

HEALTH

- Dealing with Other's Addictions
- Dealing with Your Addictions
- 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 For Living
- Government Programs

TRANSPORTATION

- Community Transportation
- Paying for Transportation



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