

# Staying Ahead of Life's Challenges, Even in Difficult Times

Given all that's going on in the world today, managing the usual concerns of home, work and family may start to feel overwhelming. Our FamilySource team from your GuidanceResources® program can help with a wide range of needs. Whether it's locating child care, elder care or educational services, setting up an ergonomic home office or even planning for that long-delayed vacation, we're your one-stop solution.

When you call with a request to help check something off of your to-do list, our Resource Specialists spring into action. We do all the research for you, answering your questions and offering a packet of detailed information that can be faxed, emailed or sent by second-day air. You can then contact the resources provided in the packet and decide which best suits your needs.

Call anytime for help locating resources on virtually any topic, including:



## Pet care:

- Insurance
- Veterinary services
- In-person or online pet training resources
- Emotional support



## Home fitness:

- Top-rated equipment
- Ellipticals, stationary bikes, treadmills
- Free weights and benches
- Online apps and classes



## Support groups:

- Grief
- COVID survivors
- Stress management
- Caregiver burnout



## Education:

- Scholarships
- Colleges
- Tutoring
- Remote learning resources



## Home office:

- Ergonomic equipment
- Computer and technical support
- Top-rated sellers of desks and chairs
- Router and Wi-Fi optimization



## Other concerns, including:

- Moving, relocation or home repair
- Making major purchases
- Child and elder care recommendations
- COVID-safe kids activities and vacation planning

## We're here to help.

Call:

TTY: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: