

# April *LifeSolutions* Corner 2009

## ***"I don't need counseling. Why would I use LifeSolutions?"***

*LifeSolutions* offers a wide range of services in addition to counseling. You and your household members can access: community resources and referrals, coaching and skill building support, help to "figure things out", and problem solving assistance.

Through *LifeSolutions*, you have access to community resources and referrals for things like:

- ◆ Budgeting and debt management
- ◆ Autism support groups
- ◆ Landlord issues
- ◆ Summer Camps

We'll work with you, through coaching and skill building, in a multitude of areas including:

- ◆ Effective parenting strategies
- ◆ Increasing assertiveness
- ◆ Fine tuning social skills
- ◆ Improving workplace communication skills

We'll help you "figure things out" like:

- ◆ How do I stop living paycheck to paycheck?
- ◆ How do I work full time, take care of my family and also see to the needs of my elderly parents?
- ◆ My child is being bullied at school; how can I intervene effectively?
- ◆ I am a single parent with children; how can I manage it all?

And we can help problem solve issues like:

- ◆ Dealing with difficult coworkers
- ◆ Setting limits with your teenager
- ◆ Defining your role as the step parent
- ◆ Making better decisions in personal relationships

To learn more, call 1.800.647.3327 24/7 or log onto the new *LifeSolutions* website [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com)