

# Work/Life Referral Services



*"Being a first time mom is both exciting and scary. How do I go about finding a reliable, trustworthy and convenient daycare?"*

*"Mom and dad are retired and live in a different state. Dad has been diagnosed with Dementia and mom is exhausted. My siblings and I are scattered across the U.S. What do we do?"*

*"Our kids are in elementary school and we know we should be thinking about college for them. Where do we begin?"*

To access this service, contact Best Care at (402) 354-8000 or (800) 801-4182 or send an email to [eap@BestCareEAP.org](mailto:eap@BestCareEAP.org).

We'll be glad to help you get started!

Let's face it! Life is tough! You're pulled in many directions, have a lot to do and, there's only so much time in a day. It can be overwhelming.

Maybe you need to research daycares? Or want to learn about assistant living for dad; or you and your wife are thinking of adoption...whatever the concern, you'd like some guidance. When your work/life balance is off, your well-being is affected and productivity drops.

## **Your Work/Life Referral benefit can help!**

This valuable service is available to you through Best Care EAP and includes:

- Child and Eldercare assistance
- Adoption assistance
- Pet care help
- College planning
- Housing and utility program information
- Special needs concerns
- Or another work/life topic

**This valuable service is confidential, free and available to you through Best Care EAP.**