

WorkLife Navigators connect people to *thousands of resources and services* each year.



Whether you're experiencing a stressful situation, pursuing a goal, or managing change, it can be hard to know **where to start** or **who can help**. Plus, there are so many resources and programs out there; how do you navigate them all? WorkLife Resource Navigators are here to help you do just that. They are experts in the resources in your community and can help you connect to the right support—no matter your situation.

Here are a few examples of the resources & services WorkLife Navigators can connect you to:

A

Addiction & Recovery Services
Affordable Housing Search
After School Programs
Attorney Search

B

Baby Supplies
Back to School Supplies
Bankruptcy Services
Budgeting Guidance

C

Carpooling Resources
Childcare Search
Citizenship Services

D

Diapers & Formula Resources
Disability Services
Divorce or Family Legal Support

E

EAP Referral
Elder Care Services/Resources
Emergency Food Assistance

F

Financial Guidance
Food Pantry Services
Free/Reduced Lunch Programs

G

Goal Setting
Government Benefit Assistance

H

Health Exchange Enrollment
Home Repair Resources & Services
Housing Resources

I

Insurance/Benefits Support
Internal Conflict Resolution

J

Job Training & Education

K

Kids Clothing

L

Legal Resources & Education
Low-Cost Internet Services

M

Mechanic Referrals
Medical Bill Coaching
Mental Health Resources

N

Nutrition Education

O

Obtaining Transportation
Online Education Resources

P

Parenting Resources
Peer Support Groups
Pet Food Assistance

R

Retirement Plan Resources

S

Stress Management
Student Loan Counseling

T

Tax Prep Services & Referrals
Therapist Search

U

Upskilling Services
Utility Assistance

V

Vehicle Repair Services

W

Wellness Coaching
Work Supplies & Uniforms

Y

Youth Services (Mentoring & Coaching)

Ready to get connected? Reach out to a Navigator to get started.

askthenavigator.org