

Welcome to New Avenues Work-Life Resource Center

A **FREE** service offered by your employer to provide you with assistance in meeting your goals and dealing with life's challenges.

The screenshot shows the New Avenues Work-Life Resource Center website. At the top, there is a dark blue header with the New Avenues logo on the left, a search bar with a magnifying glass icon on the right, and a yellow banner that reads "Members in Crisis Call: (800) 731-6501". Below the header is a navigation menu with tabs: WORK/LIFE HOME (highlighted in yellow), PARENTING, AGING, BALANCING, THRIVING, WORKING, and LIVING. The main content area is divided into two columns. The left column features a "Monthly Feature" section with a photo of a man holding a dumbbell, the title "Healthy Habits Take Time and Effort", a short paragraph, and a link to "Learn more about... Healthy Habits Take Time and Effort". Below this is a "News For You" section. The right column has a "Centers" section with a piggy bank image and a "Savings Center" link, followed by a search bar with the text "to search for:" and "All Types", and a "Locate Resources" link. At the bottom right, there are links for "Medicine", "Teachers", and "Memory".

Through New Avenues Work-Life Resource Center you have access to thousands of annotated resources: articles, trainings, emotional well-being assessments, health & wellness, workplace issues as well as child-care, eldercare, adoption and education.

Highlights of the Work-Life Resource Center are:

- ◆ 6 User Modules: Parenting, Aging, Balancing, Thriving, Working & Living
- ◆ OnLine Counseling available 24/7
- ◆ Financial Calculators
- ◆ Savings Center: Free membership for savings of up to 25% or more on hundreds of name-brand items
- ◆ Interactive self-search locators for education, pet sitting, volunteer opportunities and attorneys
- ◆ Spanish Language content
- ◆ Monthly featured articles and resources
- ◆ Skill Builders—On-Line Training Programs

New Avenues Work-Life Resource Center is available whenever you need it—24 hours a day. Log-on to the New Avenues website at www.NewAvenuesOnLine.com. Go to the Employee Assistance tab—Work-Life Resource Center, you will be directed to the Work-Life Resource log-in page.

Remember to enter your user name **culvereap** to be directed to the Work-Life Resource Center.