



# Foster healthy relationships

If you juggle many roles daily such as partner, parent, employee, caregiver, friend, etc., there are times when a little help can go a long way to maintaining healthy relationships. Your program provides free, confidential resources to help you with relationships in different life stages.

- Starting out in the workforce
- Getting engaged and planning a wedding
- Navigating new relationships
- Maintaining long term relationships
- Being a parent
- Going through divorce
- Preparing for retirement

## What can your program help with?

Identify the relationship issues you need help with such as stress and anxiety, communication and conflict, work-life balance and more.



Find childcare providers in your area, articles, webinars and guidance on topics such as parenting, marriage, divorce, grief, loss and more.



Save on childcare, household services, vacation planning, entertainment, dining out and more.



Help with financial issues such as buying a home or car, paying off debt, planning for retirement, etc.



Support with family law, custody negotiations, creating a will, estate planning, etc.



Learn how to control anxiety, reduce stress, balance intense emotions, sleep better and much more.



## What resources are available?

**Counseling:** Your program offers 4 visits per issue, per year. Counseling is available to you and your household members in-person, by text message, live chat, phone or video conference.

**Work-Life Web Services:** Webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges.

**Discount center:** Hundreds of deals on nationally recognized, brand-name products and services.

**Financial wellness:** Meet with a Money Coach for 30 minutes up to three times per topic, per year.

**Legal services:** One free 60-minute consultation with an attorney. Find out more about these issues on the member website.

**Digital emotional wellness tools:** Interactive, self-paced programs on dozens of life topics.

Help is available. Contact your Employee Assistance Program by phone at 1-800-327-6754 (TTY 711) or go online to [MagellanAscend.com](https://MagellanAscend.com) to get started.

