



Work-Life Services

From treasured moments to major milestones to tricky transitions, Work-Life Services helps you live life smarter and gives you insight and inspiration for the journey. Specialists are at the ready to provide you with expert guidance, information and personalized referrals to service providers in your area.

✓ **Adult Care & Aging**

- Care options and living arrangements
- Senior services
- Grief and bereavement
- Community programs

✓ **Child Care & Parenting**

- Parenting infants
- Managing work and family
- Child care
- Child health and safety

✓ **Daily Living**

- Home improvement
- Emergency preparedness
- Cleaning services
- Travel and entertainment

✓ **Education**

- Financial aid and scholarships
- Continuing education
- Tutoring
- Gifted and talented children

✓ **Moving**

- Referrals to movers and real estate services
- Neighborhood profiles
- Houses of worship
- Recent home sales

✓ **Pet Ownership**

- Local veterinarians
- Pet sitters and walkers
- Pet supplies and insurance
- Pet-friendly locations and activities

✓ **Pregnancy & Adoption**

- Prenatal care
- Labor and delivery
- Formula feeding
- Parenting adopted children

✓ **Relationships**

- Wedding planning
- Marriage laws and licenses
- Healthy marriage tips
- Separation and divorce support

✓ **Special Needs**

- Doctor visit preparation
- Respite care
- Treatment
- Emotional support

Call your Air Force EAP at 1-866-580-9078 (TTY 711) or visit www.resilience.af.mil/Workforce-Resource to get started.