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.

**Adult Care & Aging**
We simplify caregiving by helping you make informed decisions on housing, healthcare, finances, safety and more.
- Care options and living arrangements
- Senior services
- Respite care
- Grief and bereavement
- Community programs

**Child Care & Parenting**
From the toddler years to the turbulent teens, we will help you find child care and navigate through the pleasures and pitfalls of parenthood.
- Parenting infants
- Managing work and family
- School options
- Summer care
- Child health and safety

**Daily Living**
Access expert guidance on home improvement, automotive services, travel, cleaning services, consumer information and more.
- Home improvement
- Consumer information
- Emergency preparedness
- Cleaning services
- Travel

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**The UNIVERSITY of OKLAHOMA**

Employee Assistance Program
**1-800-327-5043**

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Relationships
Get the information and assistance you need to have healthy, positive and respectful relationships.
• Wedding planning
• Marriage laws and licenses
• Healthy marriage tips
• Separation and divorce support
• Communication tips

Moving
Say goodbye to moving stress. Whether you move across town or across the country, we will help you get organized and save time.
• Referrals to movers and real estate services
• School information
• Neighborhood profiles
• Houses of worship
• Recent home sales

Pet Ownership
They’re more than pets; they’re family! Bone up on choosing, feeding, insuring, grooming and caring for a pet.
• Local veterinarians
• Pet sitters
• Dog walkers
• Pet supplies and insurance
• Pet-friendly locations and activities

Pregnancy & Adoption
Your bundle of joy comes with a bunch of challenges. Here you’ll find to-dos for nearly every “What should I do?”
• Prenatal care
• Birthing options
• Labor and delivery
• Formula feeding
• Parenting adopted children

Special Needs
Turn to us for support and understanding as you go through the trials and triumphs of raising a child with special needs.
• Doctor visit preparation
• School services
• Respite care
• Treatment
• Stress management and emotional support

Education
Whether you have a school-age child or are thinking about returning to school yourself, resources are available for financial aid, college, scholarships and tutoring.
• Financial aid and scholarships
• Continuing education
• Tutoring
• Extracurricular activities
• Gifted and talented children