



Creative solutions for the demands of life and work.

**For confidential assistance, call
1.800.346.0110 • 1.877.845.6455 (TDD)
or visiting inova.org/eap**

Short Term Counseling

- Relationships
- Alcohol
- Family
- Depression
- Anxiety

Elder Care Resources

- Adult day care centers
- Assisted living centers
- Nursing homes
- Transportation services
- Nutrition services
- Respite care
- Home care services
- Geriatric health and mental health

Child Care Services

- Nursery and/or preschools
- Emergency and back-up care
- Before-after school care
- Care for mildly ill children
- Child care centers
- In-home care agencies
- Family day care and group homes
- Nanny/au pair agencies
- Summer camps

Adoption Services

- U.S. adoption agencies
- International adoption agencies
- Adoption support groups

Resources for Children with Special Needs

- ADD/ADHD
- Disability
- Autism

Online Savings Center

- Discounts from thousands of merchants
- Email notification of discounts
- Easily searchable database

Parental Services

- Birthing classes
- Support groups
- Exercise and nutrition
- Parent education

Educational Resources

- Identify appropriate schools
- Navigate the application process
- Evaluate educational consultants
- Apply for grants, scholarships and financial aid

Health and Wellness Resources

- Exercise program
- Holistic care
- Nutrition counselors
- Personal trainers
- Self-help programs

Pet Services

- Veterinarians
- Boarding facilities
- Pet sitters
- Association and groups
- Groomers
- Obedience trainers

Daily Living

- Entertainment, recreation and sports tickets
- Event and party planners
- Grocery shopping
- Housekeeping
- Lawn maintenance
- Real estate and relocation professionals

Legal Assistance

- Consultation with an attorney
- Web-based legal documents

Finances

- Unbiased financial consultation
- Financial calculators

Identity Theft

- Web based credit monitoring
- Telephonic consultation with an identity theft and recovery professional