



Creative Solutions for the Demands of Life and Work

Short Term Counseling

- Relationships
- Alcohol
- Family
- Depression
- Anxiety

Elder Care Resources

- Adult daycare 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
- Childcare centers
- In-home care agencies
- Family daycare and group homes
- Nanny/au pair agencies
- Summer camps

Employee Assistance Program

Inova Employee Assistance

Adoption Services

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

Website Tools

- Savings center
- Educational seminars
- Skill builders
- Easily searchable database

Parental Services

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

Educational Resources

- Identify appropriate schools
- Navigate the application process
- Resources for adults and children with special needs
- 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
- 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

- Free 30 minute consultation with an attorney
- Web-based legal documents
- 25% off attorney services
- Will preparation

Financial Assistance

- Financial consultation
- Financial calculators

Identity Theft

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

For confidential assistance, call:

Confidential assistance, 24/7 **1.800.346.0110**

TDD# for the hearing impaired **1.877.845.6465**

Access online resources and service. **inova.org/eap**

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