

As an employer, New York State recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to support through NYS-Balance. Call the toll-free number and you will be assisted by a qualified consultant who will respond to your request thoroughly and promptly. Log on to the website to find an abundance of useful resources, article links, and interactive tools.

## Here's a Sampling of What's Available from NYS-Balance

	CALL A CONSULTANT	REFERRALS TO PROGRAMS AND SERVICES	SOME AVAILABLE, FREE RESOURCES
<b>DAILY LIFE</b>	<ul style="list-style-type: none"> <li>Home Maintenance and Repair</li> <li>Pet Care</li> <li>Entertainment</li> <li>Career Services</li> <li>Travel and Vacation Planning</li> <li>Retirement</li> </ul>	<ul style="list-style-type: none"> <li>Plumbers and Contractors</li> <li>Pet Sitters, Boarders, and Veterinarians</li> <li>Restaurants, Hotels, Rental Cars, Flights</li> <li>Support Groups</li> <li>Volunteer Opportunities</li> </ul>	<ul style="list-style-type: none"> <li><i>Pet Care</i> (handbook)</li> <li><i>Opening the Door to a Home of Your Own</i> (booklet)</li> </ul>
<b>HEALTH &amp; WELLNESS</b>	<ul style="list-style-type: none"> <li>Health Information</li> <li>Fitness Centers</li> <li>Nutritionists</li> <li>How to Reduce Stress</li> <li>Smoking Cessation</li> </ul>	<ul style="list-style-type: none"> <li>Basic Health Information</li> <li>Fitness Center Locations</li> <li>Instructors and Classes</li> <li>Personal Trainers</li> </ul>	<ul style="list-style-type: none"> <li><i>Exercise &amp; Physical Activity</i> (booklet)</li> <li><i>Encourage Your Child to Be Physically Active</i> (brochure)</li> <li><i>Exercise: A Little Is All It Takes</i> (brochure)</li> <li><i>Talking With Your Doctor</i> (brochure)</li> </ul>
<b>CHILD CARE &amp; PARENTING</b>	<ul style="list-style-type: none"> <li>Child Care Options</li> <li>Adoption</li> <li>Parenting Skills</li> <li>Single and Step Parenting</li> <li>Emergency Care</li> <li>Back-Up Care</li> <li>Summer Camp</li> </ul>	<ul style="list-style-type: none"> <li>In-Home Care, Group, or Family Care</li> <li>Back Up Care, Summer Camps</li> <li>International and Domestic Adoption Agencies</li> <li>Post Adoption Assistance</li> <li>Parenting Classes and Support Groups</li> </ul>	<ul style="list-style-type: none"> <li><i>Discipline &amp; Your Child</i> (brochure)</li> <li><i>Adventures in Parenting</i> (booklet)</li> <li><i>Child Care</i> (handbook)</li> </ul>
<b>ELDER CARE/ ADULTS WITH DISABILITIES</b>	<ul style="list-style-type: none"> <li>Senior Housing Options</li> <li>Community Agencies</li> <li>Legal/Insurance Issues</li> <li>Caring for Elders</li> </ul>	<ul style="list-style-type: none"> <li>Independent Living, Assisted Living, Skilled Nursing</li> <li>Meal Centers, Senior Centers, Adult Day Care Centers, In-home Services</li> </ul>	<ul style="list-style-type: none"> <li><i>How to Choose a Home Care Agency</i> (brochure)</li> <li><i>Caregiving: How to Get the Whole Family Involved</i> (brochure)</li> <li><i>So Far Away: 20 Questions for Long Distance Caregivers</i> (booklet)</li> </ul>
<b>CARE COACH</b>	<ul style="list-style-type: none"> <li>Care Planning for Elders</li> </ul>	<ul style="list-style-type: none"> <li>Assessment completed with entire family and establishes care plan and assists in locating needed services</li> </ul>	<ul style="list-style-type: none"> <li>See Elder Care above</li> </ul>
<b>EDUCATION</b>	<ul style="list-style-type: none"> <li>Choosing a School</li> <li>Tutoring Programs</li> <li>Preparing for College</li> <li>Higher Education</li> </ul>	<ul style="list-style-type: none"> <li>K-12 Public and Private Schools</li> <li>Vocational Schools, Public and Private Universities, Graduate Programs</li> <li>Financial Aid and Scholarships</li> </ul>	<ul style="list-style-type: none"> <li><i>Ready to Learn: Essential Tips for Early Literacy</i> (Booklet)</li> <li><i>A Child Becomes a Reader</i> (Booklet)</li> </ul>
<b>LEGAL CONCERNS</b>	<ul style="list-style-type: none"> <li>Family Law/Criminal Law</li> <li>Bankruptcy</li> <li>Adoption</li> <li>Elder Care Wills and Trusts</li> <li>Estate Planning</li> <li>ID Theft</li> </ul>	<ul style="list-style-type: none"> <li>Downloadable Legal Documents</li> <li>Legal Articles, Tips, and Links</li> <li>Online Learning Opportunities for Various Legal Topics</li> <li>Half-hour free consultation</li> </ul>	<ul style="list-style-type: none"> <li><i>Identity Theft FTC</i> (handbook)</li> </ul>
<b>FINANCIAL CONCERNS</b>	<ul style="list-style-type: none"> <li>Financial Counseling</li> <li>Debt Management</li> <li>Credit Report Review</li> <li>Bankruptcy Prevention</li> </ul>	<ul style="list-style-type: none"> <li>Financial Articles, Tips, and Links</li> <li>Financial Calculators</li> <li>Online Learning Opportunities for Various Financial Topics</li> </ul>	<ul style="list-style-type: none"> <li><i>How to Fund Education Beyond High School</i> (brochure)</li> <li><i>FDIC's Money Smart</i> (CD)</li> <li><i>Choosing the Mortgage That's Right for You</i> (booklet)</li> </ul>

The NYS-Balance Program is accessible by phone or online 24 hours a day, seven days a week at no cost to you or your family and is always confidential. Call or log on today and make your life less complicated.



Andrew M. Cuomo, Governor, State of New York • Gary Johnson, Director, Governor's Office of Employee Relations  
NYS-Balance is a resource and referral program offered by Work-Life Services with funding provided by the negotiated agreements between the State and CSEA, PEF, UUP, DC-37, NYSOPBA, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.