City of Everett EAP Web Site www.kgreer.com User Name: everett Password: 9557





PARENTING RESOURCES

Child Care Information and Referral
Child Care Centers
Family Day Care
Nannies/ In Home Day Care
Pre-Schools and Toddler Programs
Summer Camps
Back Up Care
After School Care
Adoption
Pregnancy and New Parenting
Parenting Concerns
School Selection
Special Education
Step Parenting Issues

ELDER CARE RESOURCES

Elder Care Information and Referral
Nursing Home Referral
In Home Assistance and Support
Hospice Programs
Life Care and Retirement Programs
Housing Options
Transportation Services
Caregiver Support
Home Health Care Services
Respite Care
Legal and Financial Assistance
Elder Day Care
Meals On Wheels

LEGAL ASSISTANCE

Consumer Issues

Credit Problems
Bankruptcy
Income Tax
Estate Planning
Wills, Trusts and Probate
Separation and Divorce
Child Custody and Support
Adoption
Domestic Violence
Elder Care and Medicaid
Nursing Home Issues
Real Estate Purchase and Sale
Landlord Tenant Disputes

FINANCIAL CONSULTATION

Budgeting
Money Management
Debt Management
Debt Crises
Retirement Planning
College Planning
Tax Resources
Wills and Trusts
Insurance Planning
Estate Planning

STRESS REDUCTION

Stress Management
Stress-Related Illness
Meditation Training
Performance Problems
Time Management
Alcohol Assessment
Family Problems
Depression Screening
Anxiety and Panic Disorders
Coping with Change
Relationship Concerns
Chronic Illness
Sleep Disturbance

CAREER ASSESSMENT

Career Exploration
Career Counseling
Interest Testing
Job Search Strategies
Development Planning
Career Web Sites

WORK LIFE RESOURCES

Health Information
College Planning
Fitness Programs and Trainers
Yoga Classes
First Time Home Buyer Information
Transportation Options
Organizing Services
Home Cleaning and Moving Services
Classes for Adults and Children
Resources for Apartment Searches
Health Spas
Pet Care, Insurance and Adoption
Smoking Cessation Programs

NUTRITION CONSULTATION

Nutrition Consultation
Weight Management
Chronic Illness
Diabetes
Food Allergies
Eating Disorders
Gastrointestinal Problems
High Blood Pressure
High Cholesterol
Immune System Support
Sports Nutrition
Wellness Education