Confidential Counseling

The Wellness Corporation is proud to offer up to five (5) sessions of confidential face to face counseling for employees and household members. Our trained, professional counselors will help to identify and resolve whatever personal issues you or your family may be having, including:

- Stress and Anxiety
- Relationship Issues
- Anger or Depression Issues
- Parenting Issues
- Substance Abuse
- Grief and Loss

Budget & Debt Counseling

Financial questions leave you feeling stressed and confused. Having someone with whom you can discuss your options can help you feel more in control. Our financial professionals are available to help you address issues including the following:

- Budget & Debt Advice
- Credit Card Issues
- Bankruptcy Counseling
- Purchasing a Home Advice
- Identity Theft Counseling

Health Coaching

The health coaching program offers on-line resources and one-on-one coaching for health related issues. When you contact us, you will be offered assistance with any of the following:

- Walking/Fitness Programs
- Weight Loss
- Nutrition Advice
- Smoking Cessation
- Chronic Disease Management

New Parent Transition Coaching

This program is offered to new and experienced, expecting parents to help them develop a plan to best balance work, life and a new baby. The three part program covers the following subjects:

- Expecting a New Baby
- Staying Home with Baby
- Balancing Work and Baby

Your WellnessWorkLife Website

Is a resource for information on a wide range of issues. Additionally, you can take personalized health and wellness assessments, print out various useful forms and legal documents and much more. Visit www.WellnessWorkLife.com today.

Website: www.WellnessWorkLife.com

Company Registration Name: Williams College (not case sensitive)

Call 24 Hours a day: 1-800-828-6025 Voice/TTY