- Assisted living
- Cancer Care Centers
- Chore and Companion Services
- Community Services
- Dependent Adult under 65 Resources
- Developmentally Delayed support services
- Disease Management Programs
- Geriatric Case Management Gerontologists
- Home Health Agencies
- Home Medical Equipment
- Hospices
- Independent Living Centers
- Insurance
- Medicare/Medicaid
- Respite Care
- Retirement Communities
- Senior Centers
- Skilled Nursing & Assisted Living Facilities
- Transportation Services
- Volunteer Organizations

Daily Living (Convenience)

- Apartment Locators
- Chore Services/House Cleaners
- Consumer Comparisons
- Emergency Services
- Entertainment Services
- Fitness and Wellness Centers/Programs
- Home Repair (handymen, plumbers, electricians, contractors, etc)
- Moving/Relocation Services
- Pet Obedience Training
- Pet-sitters / Kennels
- Transportation and Travel Services
- Veterinarians
- Volunteer Opportunities

Health and Wellness

- Alternative Medicine
- Children's Health Resources
- Men's Health Resources
- Physician Searches
- Chronic condition Support Groups/Resources
- Complimentary Medicine
- Diet & Nutrition Programs/Services
- Fitness Centers/Programs
- General Health Resources
- Rare condition Support Groups/Resources
- Safety Programs
- Senior Health Resources
- Women's Health Resources

CALL TEAM TODAY!!

800-634-7710

Available 24 hours a day, 7 days a week

Always confidential

No cost to you or your family to use the service

TEAM Wellness at Work

Roseville Office Plaza
1970 Oakcrest Ave.
Suite 200
Roseville, MN 55113
651.642.0182

Duluth Labor Temple
2002 London Road
Suite 95
Duluth, MN 55812
218.727.8589



WORK/LIFE SUPPORT SERVICES

TEAM can connect you with the resources you need.

800-634-7710

TEAM Wellness at Work

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Becoming a Parent
- Infertility / surrogate
- Job re-entry after maternity leave
- Maternity leave
- Pregnancy
- Preparing for baby's arrival
- Physician selection criteria
- Quality time for new parents
- Second families
- Twins and multiples

Adoption
- Adoption attorneys / legalities
- Adoption support networks
- Financing an adoption
- Public / Private adoption
- Searching for birth parents/relatives

Child Care
- Au Pair Agencies
- Back-up and Odd Hour Care
- Before and After School Care
- Child Care Centers
- Computer Literacy Programs
- Day Camps
- Family Day Care Home
- In Home Care
- International Study Programs
- Nanny Agencies
- Religious Camps
- Residential Camps
- Sick Child Care
- Special Needs Camps
- Special Needs Care
- Specialty Camp Programs
- Sports Programs
- Summer Programs
- Summer School
- Leadership/Travel Programs for Teens

Special Needs
- Attention Deficit Disorder
- Birth disabilities
- Educational programs
- Financial guidance
- Gifted and talented
- In-home caregivers
- Recreational programs
- Residential programs
- Respite care
- Schools for exceptional children
- Support and advocacy
- Testing and assessment
- Therapeutic programs

Parenting Skills
- Bedtime Routines
- Blended Families
- Child Development
- Child Nutrition
- Child Safety
- Communication strategies
- Grand-parenting
- Grandparents as Parents
- Household responsibilities
- Parenting Classes and Support Groups
- Playgroups
- Positive discipline strategies for all ages
- Raising Teenagers
- Sibling relationships
- Single parenting
- Step-parenting
- Toilet Training and Bed-wetting Issues

Education K-12
- Alternative Schools
- Charter/Magnet Schools
- Enrichment Programs
- Private Schools
- Public Schools
- School District Profiles
- Home Schooling
- Kindergarten Programs
- Montessori and Independent Schools
- Parochial and Religious Schools
- Special Needs Education
- Tutors
- Pre-college planning
- Professional preparation (pre-med, law)
- Residential options
- SAT preparation
- Second career options
- Tutoring
- Vocational and trade schools
- Adult re-entry Programs
- Colleges and universities
- Community colleges
- Continuing education
- Distance learning
- Financial aid and scholarship

College/ Vocational Schools
Active Adult/ Mature Transitions
- Adult retirement communities
- Adult education / degree / career options
- Financial and legal options
- Health and wellness
- Leisure time pursuits
- Lifestyle changes
- Planning for life's next stage
- Retirement housing options
- Volunteerism

Elder and Adult Dependent Care
- Acute/Post-Acute Rehabilitation Programs
- Adult Day Care
- Alzheimer's Support

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