

To juggle work, life, and caregiving responsibilities, you sometimes **need an extra hand**.

## Reach out to your Assistance Program for resources and referrals to address a variety of life and family needs:

- Childcare
- Eldercare
- Pet care
- Adoption
- Special needs support

- Education
- Enrichment activities
- Housing
- Transportation
- Community resources and referrals

Your Assistance Program is free to use, confidential, and open to family members.

Contact AllOne Health
Call: 800-227-6007
Visit: myimpactsolution.com

