



inConfidence

October feature – Finding a Balance

From family and friends to work and other commitments, from handling financial stress to the stresses of work and life, **inConfidence** can help you navigate competing priorities and responsibilities and find a balance.

Explore the many online resources available to you. This month, see our homepage feature, **Finding a Balance**, where you'll find links to articles, infographics, a new podcast, and more.

Remember, you can always contact us. Our team of expert consultants can help you handle all your competing priorities and find the balance that feels right for you. Contact a consultant today for free, confidential support.

Call inConfidence at 1-877-418-2181 anytime.

TTY: 1-877-371-9978

Online: www.myinconfidence.ca

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