

Supporting Aging Parents

We help the kids become the caregivers

Caring for aging relatives requires a lot of logistics and love. Let us help you with the former so you can focus on the latter.

We support the self-care needed to remain resilient, while our website connects you with helpful resources, including seminars and articles on this important life transition. Don't face caregiving alone. Learn how we can help.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL-FREE: 800-847-7240

WEBSITE: www.my-life-resource.com

USERNAME: [LansingCC](#)

PASSWORD: [lceapresource](#)

YOUR EMPLOYEE ASSISTANCE PROGRAM

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.