

# When something is weighing you down, we're your guide to get to a better place.

When you're feeling stressed out or stuck, sometimes the hardest part is not knowing where to start or who can help. WorkLife Resource Navigators are experts in community resources and providing personal support, and they guide thousands of people every year to get to a better place.

## How can a WorkLife Resource Navigator support me?

A Resource Navigator can help you and anyone in your immediate family find solutions to difficult challenges and navigate important life milestones. Here are some of the common ways Navigators help people:



Finances



Stress & mental health



Childcare



Medical bills & health insurance



Housing & food



Transportation

## What happens when I reach out to a Resource Navigator?

01

Your Navigator will schedule an appointment to meet with you at a time that works with your schedule.

02

During your appointment, your Navigator will talk with you to better understand your concerns.

03

Your Navigator will partner with you to create a plan so that you get the right support.

04

Your Navigator will follow up with you to be sure you feel you're in a better place.

## Something on your mind?

Ask a Navigator.



Your Navigator is  
**Jessica Lederman.**

Call/Text: 720-439-8114

Email: [jlederman@worklifepartnership.org](mailto:jlederman@worklifepartnership.org)

Go Online: [askthenavigator.org](http://askthenavigator.org)

**Always free, always confidential, always one-on-one.**

**Se habla español.**