

COVID-19 Resource Center	Training Center	Emotional Well-Being
<i>Resources to help you find ways to stay safe and thrive during this difficult time.</i>	<i>Over 150 courses designed to provide effective training in a wide range of topics.</i>	<i>Dozens of assessments, FAQ's, quizzes, articles, videos and more to assist with emotional health concerns.</i>
<ul style="list-style-type: none"> ◆ Webinars ◆ School Staff, Students & Distance Learners ◆ First Responders, Healthcare Workers & Caregivers ◆ Employees, Managers & Job Seekers ◆ Supporting Children ◆ Financial Stress & Stability ◆ Developing Resilience ◆ Addressing Your Emotional Well-Being ◆ Support for Older Adults ◆ Military & Families 	<ul style="list-style-type: none"> ◆ Communication (18 courses) ◆ Professional Development (52 courses) ◆ Leadership (30 courses) ◆ Work/Life Balance (21 courses) ◆ Child & Elder Care (4 courses) ◆ Sales Skills (11 courses) ◆ Interpersonal Skills (25 courses) 	<ul style="list-style-type: none"> ◆ Addiction ◆ Anxiety Disorders ◆ Attention Deficit Disorder ◆ Depression ◆ Eating Disorders ◆ Grief and Loss ◆ Emotional Health Issues ◆ Stress ◆ Suicide ◆ Violence, Abuse & Trauma
Personal Growth	Resilience	Locators
<i>A collection of articles and courses designed to develop your best self and improve your work/life balance.</i>	<i>An interactive program that will open your eyes to your life's purpose while teaching the 5 core components of resilience.</i>	<i>Locate specific services within your area of residence.</i>
<ul style="list-style-type: none"> ◆ Effective Communication ◆ Effective Supervision ◆ Human Resources ◆ International Living ◆ Managing Work & Family ◆ Nurturing Your Self 	<ul style="list-style-type: none"> ◆ Assessments ◆ Articles ◆ Case Studies ◆ Additional Resources 	<ul style="list-style-type: none"> ◆ Adoption Agencies ◆ Child Care Services ◆ Educational Services ◆ Elder Care Services ◆ Parenting Services ◆ Pet Services
Relationships	Health Videos	Health
<i>A collection of resources to develop healthy relationships during different stages of life.</i>	<i>Over 750 comprehensive videos covering a wide variety of physical and mental health issues.</i>	<i>Dozens of assessments, FAQ's, quizzes, articles, videos and more to assist with physical and mental health concerns.</i>
<ul style="list-style-type: none"> ◆ Caregiving ◆ College Life ◆ Cultivating Your Family ◆ Personal Relationships ◆ Military Life ◆ Nurturing Your Self ◆ Parenting 	<p>Most popular videos include:</p> <ul style="list-style-type: none"> ◆ What is a Heart Attack? ◆ An Intro to Yoga ◆ Coping with Job Stress ◆ Sleep and Anxiety ◆ Understanding Diabetes ◆ Alcoholism & the Family 	<ul style="list-style-type: none"> ◆ Cancer ◆ Alternative Medicine ◆ Cardio Health ◆ Diabetes ◆ Healthy Aging ◆ Sexual Health ◆ Men's & Women's Health

Webinar Center	Assessments	Recipes
<i>A library of webinars covering a large variety of topics. Offers a Completion Certificate for education credits.</i>	<i>Assessments designed to help you navigate if further screening or treatment is necessary.</i>	<i>Hundreds of recipes incorporating special dietary restrictions and articles about dietary health.</i>
<ul style="list-style-type: none"> ◆ Current Webinars ◆ Monthly Upcoming Webinars ◆ 144 Archived Webinars ◆ Ask the Expert 	<ul style="list-style-type: none"> ◆ Alcohol Use Disorders ◆ Cardiac Risk ◆ Depression Screening ◆ Diabetes Risk ◆ Drug Abuse Screening ◆ Fitness Assessment ◆ Resilience Scale ◆ Screening for Gambling ◆ Generalized Anxiety ◆ Well-Being Assessment 	<ul style="list-style-type: none"> ◆ Diabetic ◆ Heart Healthy ◆ High Fiber ◆ Low Carbohydrate ◆ Low Cholesterol/Sodium ◆ Vegetarian ◆ Healthy Beverage ◆ Healthy Desserts ◆ Beef, Pork, Poultry, Veal, Fish & Seafood
Financial	Identity Theft	Calculators
<i>Increase your financial literacy about budgeting for life's changing needs.</i>	<i>Protecting your credit identity and what to do if you are a victim of identity theft.</i>	<i>Interactive calculators to crunch numbers on everything from loans to savings.</i>
<ul style="list-style-type: none"> ◆ Auto Center ◆ Banking & Credit ◆ Budgeting ◆ Debt & Bankruptcy ◆ Education ◆ Estate & Retirement Planning ◆ Home Center ◆ Insurance Center ◆ Investing ◆ Taxes 	<ul style="list-style-type: none"> ◆ Personal information ◆ Impact on victims ◆ Credit Reports ◆ Passwords ◆ Medical/Work records ◆ Credit card liability ◆ Repairing the damage 	<p>Most popular calculators include:</p> <ul style="list-style-type: none"> ◆ Home Budget Analysis ◆ Mortgage Payoff ◆ Life Expectancy ◆ Accelerated Debt Payoff ◆ 401K Savings Calculator ◆ Rent vs Buy ◆ Student Budget ◆ Retirement Income ◆ Over 200 calculators!
Legal	Legal Forms	Lawyer Locator
<i>Hundreds of articles, FAQ's, courses, webinars, and forms to assist you with legal concerns.</i>	<i>100+ common legal forms available for download.</i>	<i>Assistance with locating a lawyer near you.</i>
<p>Most popular legal topics include:</p> <ul style="list-style-type: none"> ◆ Debt & Bankruptcy ◆ Divorce & Child Custody ◆ Criminal Law ◆ Immigration ◆ Landlords & Tenants ◆ Neighbors & Pets ◆ Real Estate ◆ Taxes & Audit 	<p>Most popular legal forms include:</p> <ul style="list-style-type: none"> ◆ Wills for Adults ◆ Rental Agreements ◆ Power of Attorney ◆ Federal Tax Forms ◆ Identity Theft Worksheet ◆ Child/Elder Care Agreement ◆ General Releases 	<ul style="list-style-type: none"> ◆ Bankruptcy lawyers ◆ Car Accident claims ◆ Criminal Defense ◆ Divorce ◆ Estate Planning ◆ Immigration ◆ Personal Injury ◆ Tax Law ◆ Real Estate Law