



Maintaining a Healthy Balance

In today's hectic world, the competing demands of work and family life can be more challenging than ever. The USC Center for Work and Family Life is dedicated to helping you manage the many demands you face in your personal and professional lives. We provide a range of services designed to support you throughout your work experience at USC.

We understand that everyone has unique needs and faces different challenges. Whether you need support coping with personal or relationship issues, workplace problems, a referral for dependent care or a stress management program, you'll find the help you need from one of our dedicated and highly trained professional staff members.

Our core services include brief, solution-focused counseling for a wide range of personal and work-related concerns; consultative support for faculty, supervisors and departments; as well as a variety of programs and services targeted to help you preserve a healthy work/life balance. We also maintain an extensive network of additional resources for referral, both at USC and in the community.

Our professional services are voluntary, confidential and free of charge to employees and their families, as well as retired faculty and staff members. Your experience as a USC employee holds many challenges and rewards. Let us be your partner in the journey.



center for
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life

Services are provided on both the University Park and Health Sciences campuses. Early morning/evening appointments are available by prior arrangement, as are services at other USC locations.

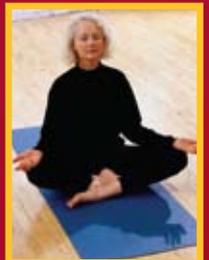
University Park Campus
University Village (UVI E206)
3375 South Hoover Street
Suite E206
Los Angeles, CA 90007-7794

Health Sciences Campus
Center for Health Professions (CHP 233B)
1540 Alcazar Street
Room 233B
Los Angeles, CA 90033

Phone: 213.821.0800 | **Fax:** 213.747.8304
Hours: Monday-Friday, 8:30 a.m.-5 p.m.
www.usc.edu/worklife



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The USC Center for Work & Family Life is a one-stop destination addressing the work/life issues of our diverse community. We offer supportive services for the USC faculty/staff community and their families that can last from pre-employment through retirement.

The Center for Work and Family Life was established nearly 30 years ago and was the first multi-purpose employee counseling service to operate at a university. Over the years, the range of programs and services the center provides has grown, but our commitment to assisting faculty and staff to integrate their personal and professional lives has never changed.



Who is eligible to use the center?

- All benefits-eligible faculty, staff and their dependent family members
- Retired faculty, staff and their dependent family members
- Prospective employees also may contact the center to inquire about family and dependent care resources, health and wellness resources, work/life policies and programs, and support services available at USC.

Services are a benefit of your employment at USC and are always free of charge.

How confidential are the services?

- Confidentiality is our foremost concern. All information regarding your use of our services is kept strictly confidential, with the rare exception when disclosure is required by law.
- The center goes to great lengths to maintain your right to privacy. No information on your use of the center is ever placed in university or departmental files.
- Utilization of our services will in no way jeopardize your job security or opportunities for promotion.
- The center's records are maintained as part of appropriate clinical practice and for internal statistical purposes only.



Available Services

FACULTY & STAFF COUNSELING

- Short-term individual, couples and family counseling
- Crisis intervention
- Stress management
- Substance abuse and addictions assistance
- Career support
- Coaching for improved performance

WORK/LIFE SUPPORT AT USC

- Personalized consultation
- Information on USC's "family-friendly" policies
- Lunchtime education series
- Links to other USC programs and services

FACULTY, MANAGEMENT & DEPARTMENTAL CONSULTATION

- Facilitating employee referrals to employee assistance
- Assistance dealing with troubled employees or challenging coworkers
- Consultation and training on substance abuse/mental health issues in the workplace
- Coaching for improved management and leadership effectiveness
- Critical Incident Response
- Addressing departmental change, stress and workgroup dynamics
- Group facilitation
- Customized training and education

FAMILY & DEPENDENT CARE: CONSULTATION & RESOURCES

- Information and referral to USC and community child care
- Parent education, support and consultation
- Elder and adult dependent care consultation and referrals
- Information on Medicare/Medicaid
- Family/caregiver consultation
- Community support services

HEALTH PROMOTION & WELLNESS PROGRAMS

- Stress management
- Health and fitness referrals
- Smoking cessation referrals
- Nutrition information
- Healthy aging
- Online health screenings
- Weight Watchers at Work®
- Linkages to other USC resources