

## Balancing school and life comes with challenges.

Your Titan Assistance Program can help you reduce stress, improve mental health, and stay motivated in school by connecting you to the right information, resources, and referrals.

relationships, and address any personal issues.

### **Life Coaching**

Reach personal and academic goals, receive support for time management, study skills, and learn how to overcome obstacles and stay focused and motivated in school.

### **Financial Consultation**

buying a home, paying off debt, resolving general tax questions, and planning for the future.

### **Legal Referrals**

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

### **Life Management Resources and Referrals**

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

