



Sometimes gaining knowledge and confidence is the best first step to take to resolve personal challenges, especially hard ones like quitting smoking or talking with your kids about drugs. **Take that first step** by ordering expert information from Working Solutions, free to you from Union Benefits Trust.

Through the information from *Working Solutions*, you can take the first step to:

- Learn about smoking cessation
- Discover how to talk to teens about avoiding substance abuse and eating disorders
- Find out about adult addictions such as alcoholism, drug abuse, prescription abuse and gambling

To order the free packet of articles by mail, just complete the form below, detach and drop it in the mail (you pay for the postage if using the form available online). Or, you can complete the form and fax it to 503-213-2205.



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Working Solutions counselors are available to consult with you on adult/elder and child/parenting issues, and provide information on and qualified referrals to the resources you need.

Call toll-free anytime or link online via the Trust's website.

call toll free

1-800-358-8515

1-800-898-1118 tdd

link through

<http://www.benefitstrust.org/links.htm>

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Please send me these free article packets:

- Smoking Cessation Children & Addictions Adults & Addictions

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