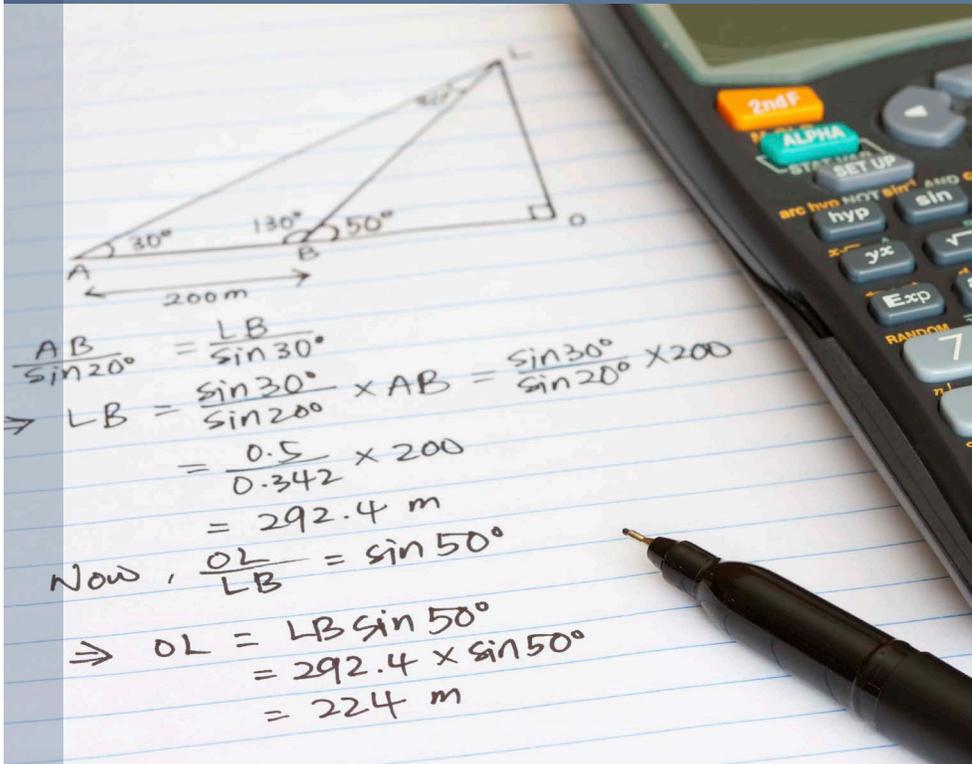


AUGUST: ON COURSE FOR COLLEGE

To prepare, let NYS-Balance be part of the equation

MONTHLY WEBINAR



Preparing to Leave the Nest: Tips for Young Adults and Parents

Thursday, August 19, 2010
 12:00 p.m. - 1:00 p.m.

The year between high school and college can be tough for all involved. In this session, learn strategies to ease this transition for parents as well as college-bound students.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break/lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

When someone in your family is college-bound, stress and anxiety are almost certain to increase as the transition approaches. Not only does college preparation require studying for pre-entrance exams, but it also means addressing issues such as tuition, housing, student spending, setting limits, and managing expectations.

To help make college preparation less complicated, let NYS-Balance provide information, resources, and guidance on financial aid, study tips, family transitions, and more. For help finding practical solutions, just call or log on.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

David A. Paterson, Governor,
 State of New York

Gary Johnson, Director,
 Governor's Office of Employee Relations

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