

Welcome to the JANUARY 2020 edition of the Base Seattle Work-Life “News Bullets”. See a topic and click on the link or contact the POC to learn more!

- **CGSUPRT can help with almost all of your NEW YEAR’S RESOLUTIONS** visit the web site at <https://www.cgsuprt.com/landing.jsp> or download the app: <https://itunes.apple.com/us/app/cg-suprt/id1337819587?mt=8> or <https://play.google.com/store/apps/details?id=com.cgsuprt>
The password for both the web site and app is “uscg”
 - Eat Healthier – FREE Professional Health Coaching
 - Exercise more – Discounted gym memberships
 - Save money – FREE Financial Coaching
 - Make new friends – Over 60 courses including “Making and Keeping Friends”
 - Make a Will – Free Legal Assistance
 - Get Organized – Online courses teaching home and work organizational skills
 - Manage Stress – Assessments and Training for Emotional Wellbeing and Resilience
- **Dry January** - Intrigued about participating? It’s not too late! Check out the benefits! <https://www.webmd.com/mental-health/addiction/news/20190103/will-a-no-booze-dry-january-help-your-health#1>
- **Ombudsmen can help** find resources and support families! Connect with your ombudsman at <https://cgombudsmanregistry.org/> and click the link that says, “Contact Your Ombudsman” on the bottom of the page or contact Heather Miles at Heather.M.Miles@uscg.mil or (206) 217-6674.
- **Free tutors available** for Coast Guard members, spouses and children. Click here <https://lhh.tutor.com/?ProgramGUID=fa549933-a9fe-4a46-bdee-04d2e979dca6> or contact Family Resource Specialist May Chao at (206) 217-6786 may.chao@uscg.mil.
- **Invest in Yourself!** Explore ways to invest in your relationships, your happiness and a healthy brain at <https://www.psychologytoday.com/us/blog/the-modern-brain/201912/top-3-psychological-investments-the-coming-year>. For more ideas, contact Employee Assistance Program Coordinators Robert Atadero at (503) 861-6155 robert.m.atadero@uscg.mil or Kristin Cox at (206) 217-6607 kristin.l.cox@uscg.mil.
- **Strengthen Your Relationships:** Trust is an important part of a healthy relationship, but it isn't always easy to build or maintain. Read up on how you can strengthen mutual trust: <https://www.thehotline.org/healthy-relationships/trust/> or contact Family Advocacy Specialists Kristen Hutcheson at 206-217-6608 kristen.s.hutcheson@uscg.mil or Troy Olson at (206) 217-6612 troy.e.olson@uscg.mil.

Very respectfully,
Your Work-Life Staff

Work-Life Web Site:
<http://cglink.uscg.mil/SeattleWorkLife>

Work-Life Web Site From Home:
<https://www.dcms.uscg.mil/Base-Seattle/Work-Life>