



Teamsters Service Bureau

THE AGENCY WITH A HEART

MAKING LIFE WORK FOR YOU AND YOUR FAMILY

What does my Service Bureau Program benefit cover?

The Teamsters Service Bureau offers free and confidential assistance to Teamsters and their families.

We have services to support many facets of your life including: Relationships, Family, Eldercare, Financial and Legal



Family/Relationship Services

Teamsters and eligible participants have access to face-to-face counseling and other resources to help you and your family members with any of life's challenges.

Professional counselors are available to help you with:

- Chemical Dependency Evaluation and Counseling
- Family counseling
- Marriage counseling
- Conflict resolution
- Parental concerns: raising children and teens
- Children and teens: support and guidance
- Work stress
- Elderly parents

The service bureau provides three (3) free, in person counseling sessions with a professional, local counselor.

If you need help immediately, crisis counselors are available by phone 24/7 by calling 800-979-9725.

Eldercare Assistance

Caregiver Solutions is a division of the Minnesota Area Agency on Aging. Their knowledgeable consultants have clinical resources that can provide in person caregiver/care receiver assessments.

Eldercare consultants can assist you with:

- Information and assistance regarding services for older adults
- Making informed choices about benefits
- Options for seniors to help maintain independence in the community
- Assisted living options
- Referrals to community services

This service will consist of an initial telephone consultation with a qualified eldercare/caregiver specialist, recommendations, referrals and follow up.



Talk with a Family Service Specialist to access these free and confidential services

SPEAK WITH A FAMILY SERVICE SPECIALIST TO ACCESS THESE SERVICES

Call 612-676-3700 or toll free 800-979-9725

Teamsters Service Bureau

Free assistance for you and your family

Financial Counseling

Financial problems can impact all areas of your life. As a Teamsters or eligible participant, you have access to specially trained financial counselors who can help with a wide range of financial issues.

Certified credit and housing counselors can help with:

- Budgeting and savings plans
- Debt management plans
- Housing questions (buying, selling, foreclosure)
- Pre-bankruptcy counseling
- Retirement planning
- Student loan review
- Educating teens about budgeting
- Credit report review and recommendations to improve your credit score

Your financial counselor will meet with you for up to three (3) sessions per issue to evaluate your situation and make recommendations specific to your concerns.

Financial counseling services are available in person or by phone.

Our financial counselors do not represent any investment services and cannot advise you on specific investment opportunities.

Legal Services

The Teamsters Service Bureau can help you connect to an experienced attorney in your area for most types of legal issues.

The Service Bureau provides one free 30 minute consultation available over the phone or in person, with an attorney who specializes in your issue. If your situation requires ongoing legal services, Teamster Service Bureau members receive a discount on the legal fees.

Call the Teamsters Service Bureau to find out more about this valuable benefit.



Free Legal Consultations

Free consultations and discounted attorney rates for Teamsters members on issues such as:

- Wills, trusts, conservatorship
- Child support, adoption, custody
- Garnishments, loans, consumer complaints
- DWI/DUI, traffic violations, accidents
- Landlord/tenant and leasing issues
- Misdemeanor and felony charges

Call 612-676-3700 or toll free 800-979-9725

Teamsters Service Bureau. We're here to help!