



The Teamsters Service Bureau offers free and confidential assistance to Teamsters and their families, including:

- Information and referrals
- Face-to-face counseling
- Phone consultations

Minnesota Teamsters Service Bureau

Contact us.

Metro 612.676.3700

Statewide 800.979.9725

Free & Confidential Services

We are here to help.

Available 24 hours a day/7 days a week.

LIVE UNITED



Greater Twin Cities
United Way



Minnesota Teamsters Service Bureau

THE AGENCY WITH A HEART



Serving you wherever you live.

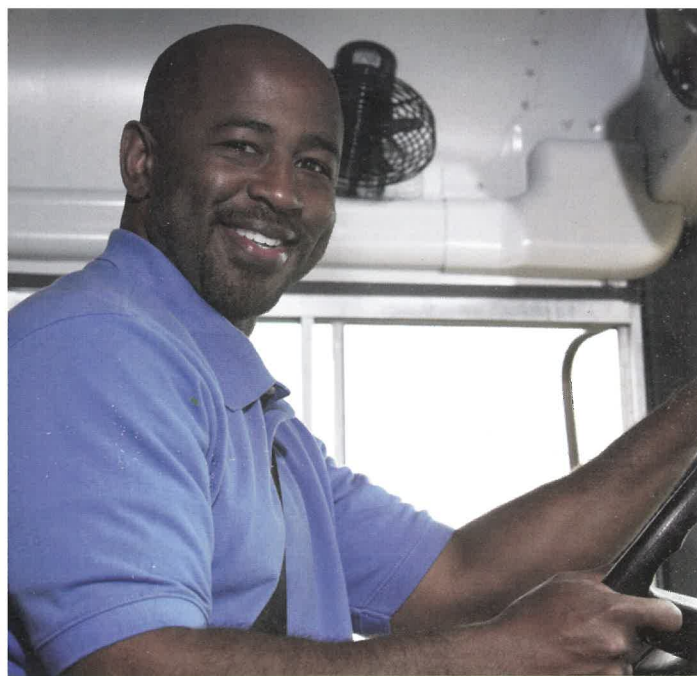
Free services including: Relationship, Marriage, Family, Financial and Legal Counseling.

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www.mntsb.org





SERVICES

Family Services

Caring, professionally licensed counselors are available to help with concerns such as:

- Chemical dependency
- Mental or behavioral health issues
- Family relationships
- Communications skills
- Marriage or relationship counseling
- Grief support
- Parenting support and education
- Work related stress

Financial Counseling

Money management can be stressful for many people. Professional financial counselors are here to support you through:

- Budget and savings plans
- Debt management
- Housing questions (buying, selling, and foreclosure)
- Retirement planning
- Estate planning
- Teen financial education
- Credit report review and recommendations
- Student loan counseling

Eldercare Assistance

If you or your family members are facing questions about aging and are wondering what options are available, we can help with:

- Helping you understand your benefit options
- Providing information on living options, including assisted living
- Providing information on services available for older adults
- Referrals to community resources

Legal Services

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

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

Disability Claim Services

We can assist you in applying for disability services and help you find answers to your questions.

SOLUTIONS to today's challenges for Teamster members and their families that will:

- Strengthen personal relationships
- Find help for personal problems
- Assist with work related concerns
- Offer support for resolving financial and legal issues
- Help you find work-life balance

We know you work hard, and we want the best for you and your family. We're here to support you through whatever challenges you are facing.

Teamster Family Services are Free & Confidential!

If you need immediate help, crisis counselors are available 24/7.

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