

When a loved one needs to move to more appropriate accommodations, or when a family estate needs to be handled, Trusted Transitions helps smooth the way and coordinate all the details.



Elaine Frost, president and founder of Trusted Transitions

When you need a caring heart and an experienced hand

Some changes in life are welcome – such as when a baby is born and a couple becomes a family. Other changes are unsettling, such as when you or a loved one decide it's time to move into a retirement or nursing residence, when a relative or dear friend dies and their estate has to be handled, or when a loving partner passes on and the surviving spouse needs support.

These times can be stressful and the work difficult, which is when the Trusted Transitions team can help.

When I needed help...

“ I had a demanding professional career and responsibilities of my own. Suddenly I had to relocate my father to a retirement residence. Then a close friend passed away and I had to fulfill my responsibilities as the Estate Executor.

I was shocked by all the “stuff” I had to do and how much time it took. The details seemed endless. To say I was overwhelmed is an understatement.

I realized that many other professionals face the same challenges. So with the skills I developed in my corporate career I started Trusted Transitions.

We help others through difficult times, taking the burden off their shoulders.”



Trusted Transitions

Tending to the details of life-changes

The responsibilities and the endless details can be overwhelming



We provide the following services:

- Planning, advice and facilitation.
- Sourcing and coordination of all related services.
- Sorting, packing and unpacking of belongings.
- Arranging for the disposition of unwanted items.
- Moving or storage.

Please contact us for a free consultation

We are experts in post-retirement transitions. We will answer your questions about how best to deal with the situation and create a detailed plan that accommodates your specific needs.

Our fees vary based on the types of services you require. Quotes can be on a fixed fee or hourly basis.

1 Palace Pier Court, Suite 2610
Toronto, ON M8V 3W9
Tel: 416 503 0006 Fax: 416 503 8339
email: elaine@trustedtransitions.com
www.trustedtransitions.com



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