



Child & Parenting Support

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Balancing work and home life can be stressful for today's busy families.

Your EAP can provide information and support on parenting, school issues, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues for families.

Our work-life resources for family care and parenting are available online and our telephone care team is also available during regular business hours to assist members in obtaining the support and services they need. When a member calls for assistance, our team will gather information about the services the member needs and will assist in either providing the resources over the phone and/or via email, and they can also guide the member through the work-life website on how to locate the information.

Access Online Child and Parenting Support Resources:

- Find articles on adoption, choosing a babysitter, single parenting, and other issues for parents.
- View webinars on a variety of parenting topics.
- Access forms for Childcare Agreement, Childcare Instructions, and more.

Join an Online Peer Support Group for Parents!

Call to speak with our care team to get information on how to register for up to 3 free online sessions a year. All groups confidential and are led by certified peer specialists.

We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**

Access code: **vgbt3**