



Prenatal, Child Care, and Family Services



“CONCERN helped me find the perfect resources for me and my baby.”

CONCERN: EAP has a wealth of tools and resources to support your daily needs. One of the many benefits we offer you is help finding agencies that assist with prenatal planning, adoption, childcare, after-school and summer programs, and specialized care for dependents with special needs. You also have available free and confidential individual and family counseling sessions with a licensed mental health professional to help guide you through a variety of emotional issues. Our goal is to connect you with the right resource in an efficient, time-saving manner.

Preparing for Parenthood

- Nutrition, Exercise, and Diet tips and plans
- Parent Education Class locations
- Support Group networks

Once Your Baby Arrives

- New Baby Kit
- Education and Resources

Offering Your Child the Best Care

- Find the right infant/child care environment
- Communicating with your child care provider
- The toughest transition: leaving your child to return to work
- Legal and financial planning for new parents

Family Counseling Services

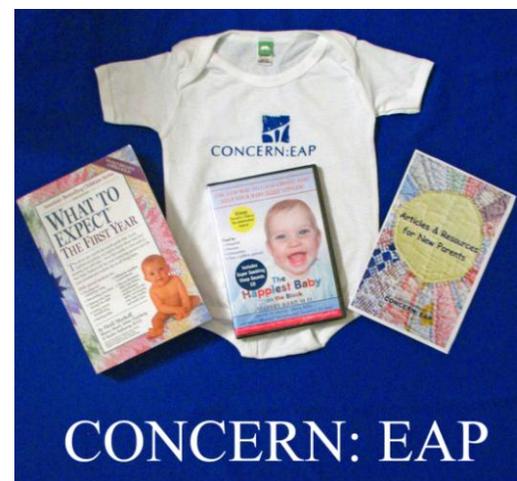
- Planning for a new baby
- Communicating effectively with your child
- Stress surrounding parenting
- Building healthy relationships
- Finding time for your child, yourself, and others

Online Member Resource Center

Log onto *LifeAdviser* at www.concern-eap.com, where you will find articles, interactive trainings, streaming videos, and health risk assessments. Topics include lactation, child care, parenting, family and work, health and fitness, emotional health, legal and financial guidance, and much more.

Contact Us

To request services, please call CONCERN: EAP at (800) 344-4222. We're here for you 24 hours a day, 7 days a week.



**Complimentary
New Baby Kit**