



GET A HANDLE ON PARENTING STRESS



Parenting can be stressful. Turn to your employee assistance program (EAP) for confidential help with:

- Communication issues
- Parenting/child conflicts
- Disciplining
- Sibling rivalry
- Separation anxiety
- Temper tantrums
- Substance abuse
- Safety concerns
- School issues

The EAP is available 24 hours a day, seven days a week.

Contact your EAP for confidential counseling and assistance any time!

1-800-XXX-XXXX | www.achievesolutions.net/xxxx