



# need help finding quality childcare services?

**Balancing work and family life can be stressful.** Fortunately, you have access to the employee assistance program making this part of life more manageable. When you connect with a Care Coordinator, they will conduct a needs assessment and provide resources tailored to your specific childcare needs.

## The EAP will provide:

- A listing of providers that meet your criteria
- A Guide to Quality Childcare
- Brochures and tip sheets tailored for your specific childcare needs
- Emotional Support: If your childcare concern is causing stress or overwhelm, connect with a Care Coordinator for immediate emotional support and connection to care

Services are provided in partnership with the EAP and EmployeeCare.

## CONFIDENTIAL

The EAP is completely confidential. Information about your use of Revive & Thrive cannot be released without your written permission.

## COST

Childcare referrals are a free service paid for by your employer or institution. You are responsible for any costs incurred by the service provider.

## The EAP OFFERS A WIDE VARIETY OF CHILDCARE REFERRALS FOR SERVICES, INCLUDING:

- Adoption and special needs support
- Babysitting services
- Back-up care
- Before and after school programs
- Daycare and preschools
- Nurseries and preschools
- Nanny and au pair services
- Parental support groups
- Prenatal care
- Primary/Secondary education program
- Summer camps

## how to access services?



Complete the  
Childcare Service  
Request Form.

Call or Text #worklife  
**800-327-2251**