

Helping parents succeed every step of the way:

Support for Parents



As commitments to your family and children increase, it can be a challenge to make time for the other requirements of work and life. Whether you're a mother or father, a biological or adoptive parent, a step-parent, single parent, or first-time parent, E4 Health is available to provide confidential, free resources and support:

- Professional counseling for parental challenges
- Resources and referrals for anything from care providers and after-school activities, to summer camps and tutors
- Online articles and tip sheets on popular parenting-related topics
- Information and support for special needs
- New parent resources
- Dial-in support groups

E4 Health is a free, confidential service that's available to assist you with any work or life issue that matters to you and your family. For professional counseling and supportive resources, call or log on any time, any day.

TOLL-FREE:

WEBSITE:

USERNAME:

PASSWORD:

ALWAYS AVAILABLE
ALWAYS CONFIDENTIAL