

Employee Assistance Program

RESOURCES FOR WORKING PARENTS



FEATURES INCLUDE:

- Toll-free 24/7 telephonic access
- Custom research matching local resources and providers to your specific needs
- Support for you, as well as those in your family and/or household
- Information on special needs and gifted programs
- Links to educational resources
- A follow-up to be sure that the assistance met your complete satisfaction

As schools announce their plans for virtual-classrooms or limited, in-person instruction due to COVID-19, many working parents are scrambling for practical solutions. As a reminder, you and your family have access to skilled researchers committed to helping you identify local resources, including tutoring and child care. Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life, especially during these unprecedented times.

TOLL-FREE: **800-346-0110**
TTY/TTD: **877-845-6465**
WEBSITE: **www.inova.org/eap**

