

YOUR EAP: SUPPORT FOR TEACHERS & PARENTS



BEING A PARENT AND A TEACHER
CAN BE TOUGH. BOTH BRING THEIR
OWN SET OF REWARDS AND
CHALLENGES.

YOUR EAP IS HERE TO SUPPORT
YOU IN YOUR JOURNEY, BOTH AT
HOME AND AT WORK.

EAP SUPPORT SERVICES

Your EAP + Work-Life program can provide in-the-moment support, counseling, referrals, work-life consultation, community resources, and helpful information that can help you tackle challenges related to parenting and teaching.

- Handling difficult emotions and situations at home and in the classroom i.e. bullying, fighting, time management, change/transitions
- Addressing issues related to social media i.e. online bullying, limiting screen time, security, etc.
- Balancing work, home, and personal time and responsibilities

Helpline: 888-993-7650

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