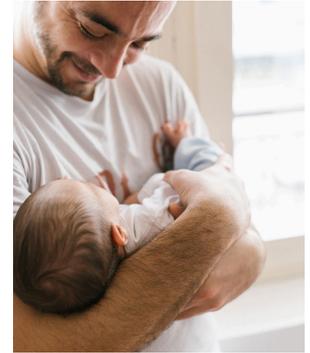


## SUPPORTING PARENTS THROUGH EVERY STAGE

Parenthood is a journey filled with joys, challenges, and everything in between. At Coastline EAP, we understand the diverse needs of parents throughout every stage of childhood. You don't have to navigate this journey alone—we're here to support you.

### Support for Expectant and New Parents:

- Comprehensive services tailored to your needs.
- Assistance with childcare locator services.
- Adoption support services.
- Referrals to legal professionals for help drafting or updating your will.
- Confidential support for postpartum depression, return-to-work anxiety, and balancing new responsibilities.



### Support for Parents of School-Aged Children:

- Referrals to summer camps and aftercare programs.
- Confidential support for common parenting challenges, such as effective coparenting.
- Specialized support for parents of children with special needs or facing bullying, anxiety, or school struggles.

### Support for Parents of Teenagers:

- Referrals to tutors and college scholarship searches.
- Coaching for effective communication with your teen.
- Confidential support for common teen challenges like defiant behavior, eating disorders, alcohol use, and school troubles.



**No matter where you are on your parenting journey,  
Coastline EAP is here to provide the support you need.  
Reach out today to speak with an EAP counselor.**

