







Need to find childcare? We can help!



Raising a family can be challenging. It helps to know that Health Advocate is just a phone call or click away to find the right resources for your family that offer the caring support you need to help make life a bit easier.

We'll help locate — and check the availability of — the following:

-  **Daycare centers, family-run childcare homes, nanny resources**
-  **Preschools and Pre-K** suited to your child's needs and your preferences
-  **Summer camps** to keep your child(ren) active and engaged
-  **Before- and after-care** for school-aged children
-  **Special needs services**, including community resources and support
-  **Research additional resources** to help you better balance work and family life



Visit the **Health Advocate website and mobile app** for dozens of helpful articles about parenting and family life, tips, tools and more.

As a reminder, our EAP Professionals are available for short-term individual and family counseling to identify issues and offer tips to help improve your and your family's well-being at no cost to you. In a crisis, help is available 24/7.



866.799.2728

answers@HealthAdvocate.com
HealthAdvocate.com/ogrady

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