



Your EAP can help

Does balancing work and the demands of a new family pull you in many directions? KGA, your **Employee Assistance Program (EAP)**, can help guide new parents through the emotional and logistical challenges that occur with the arrival of a new baby.

COUNSELING & CONSULTATIONS

- Parent/child separation issues
- Coping with competing demands
- Managing feelings of anxiety or guilt
- Assessment for postpartum depression
- Sleep deprivation
- Postpartum nutrition and fitness
- Financial and Legal Consults for budgeting, saving for college, wills, trusts and guardianship

INFORMATION, RESOURCES AND REFERRALS

- Childcare
- FMLA
- Breastfeeding and lactation consultants
- Evaluating daycare options
- Finding pediatricians and other specialists

COACHING

- Communicating with management about returning to work, flexible work arrangements, etc.
- Managing effects of parenthood on work performance
- Time management

The Employee Assistance Program (EAP) can help with counseling, consultations, resources and referrals. Contact KGA for free, confidential support 24/7 at 800-648-9557 or info@kgreer.com.

KGA, INC.

MORE HUMAN. MORE RESOURCES.