

EMPLOYEE ASSISTANCE PROGRAM

*New Parent
Coaching*



Awaiting a new arrival? Becoming a parent - for the first time or again - is exciting and fulfilling, but also stressful and anxiety-inducing. AllOne Health's Employee Assistance Program (EAP) offers free telephone coaching sessions for new moms and dads through the **New Parent Coaching Program**.

Service Overview

You will receive **three telephonic 60-minute coaching sessions** with a personal coach. Coaches will provide assistance and support as you progress through pregnancy or adoption proceedings, go on maternity/paternity leave, and ultimately transition back to work.

Parents will receive the unconditional support and resources needed to:

- **Plan ahead for the new arrival**
- **Work through conflicting emotions**
- **Take positive steps toward overcoming challenges**
- **Establish a satisfactory work/life balance**



Call AllOne Health to set up your
free and confidential coaching sessions.



1.800.451.1834