

# Childcare resources to support your family



Whether you're planning to start a family or working through everyday challenges of parenting, Headspace EAP can help. Contact us for around the clock access to a range of child care and parenting resources:



## Referrals and provider location assistance

- Day care, nannies, and after-school care
- Education, tutoring, and extracurricular activities
- Pediatric care, maternity care, fertility specialists, and special-needs support

## Online resource library for families and caregivers

- Pregnancy, fertility, and adoption

## Headspace members also have access to immediate mental health support and meditations including:

- Hundreds of guided exercises for meditation and mindfulness to stress less, focus more, and sleep soundly
- One-on-one guidance from coaches and clinicians who can guide you through challenging emotions and help you reach your goals

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Headspace also offers confidential access to hundreds of guided meditation and mindfulness exercises. And when you need a little more support, you'll be able to text with a mental health coach in the app, or set up an appointment with a clinician. Get started today: [work.headspace.com/organization](https://work.headspace.com/organization)

