



RESOURCES FOR GROWING FAMILIES:

Supporting parents—from newborn to empty nest

Whether you are in the process of growing your family, or are thinking about it for the future, take advantage of the free, confidential resources, information, and referrals provided by your work-life service. Families and parents can benefit from consultation and support regarding these and other topics:

- Adoption
- Pregnancy and infertility
- Special needs
- Nursing your infant
- Family leave and returning to work
- Child care, back-up care, and sick child care
- Resources for all educational and developmental stages

You and your family have free, confidential access to the service any time, any day by calling the toll-free number or logging on to the work-life website and entering your username and password.

TOLL-FREE:
800-833-8707

TTY/TTD: 866-228-2809

WORK/LIFE WEBSITE:
www.myccaonline.com

CODE: national healthcare