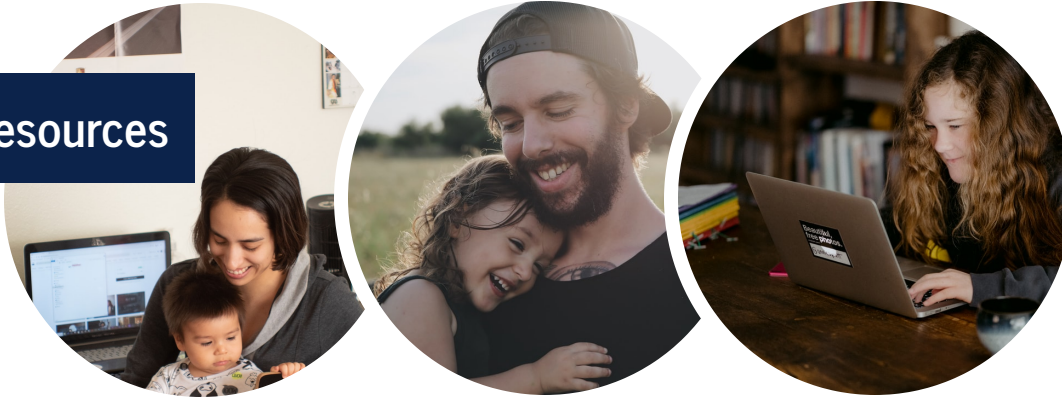


JUST WHEN YOU THINK YOU HAVE IT ALL FIGURED OUT, ALONG COMES A PANDEMIC!

# Working Parents

## EAP Resources



BELOW ARE A FEW RESOURCES THAT ARE AVAILABLE TO YOU TO HELP YOU WITH PARENTING AND WORKING AT HOME



### PARENT COACHING

Whether it is a child with special needs or schooling from home, Cigna has resources for all education and developmental stages.

[Learn more >](#)



### CHILDCARE REFERRALS

Experts can coach you through how to find a care provider during pandemics. Where to go, what questions to ask and more.

[Finding Care](#) | [State-Specific Resources](#)



### FINANCIAL SERVICES

Cigna's financial planners can provide you with strategies and techniques to best navigate through unplanned expenses or new adventures such as tuition for an online private school. [Learn more >](#)



### MANAGING STRESS

Sometimes when it rains, it pours. Learn strategies to help your kiddos cope.

[Kids, Teens, and Coronavirus Stress](#) (webcast)

[Reassuring Children: Fears and Concerns](#) (pdf)



### WORKING FROM HOME

Learn about ways to set yourself up for success while working from home.

[Webcast](#) | [Work at Home Success Checklist](#)



### TRAINING AND GUIDANCE

Call [Cigna at 1.877.622.4327](tel:18776224327) to speak with a specialist about your specific needs. Learn ideas such as setting-up "care pods" or a "micro school" within your neighborhood.