

Life as a New Parent



**Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Whether you are a new parent or would like to be, we can provide support.

Expanding your family can change your family's dynamic. Let First Sun EAP connect you with resources and/or a certified counselor for the challenges you might face and for the ones you are facing.

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

We can help you with:

- A child care program
- In-home nanny agencies
- Back-up and drop-in care
- A preschool mother's morning out program
- Special needs and mildly ill children
- Counseling for blended families
- Adoption services
- Pet sitters and walkers
and much more.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services