



A  
*Helping Hand*

FOR NEW PARENTS



asebp

*You* look at the clock, it's 2:23 a.m. and then you hear it—the baby's crying again. You think to yourself, didn't we just feed him? Maybe he needs his diaper changed or maybe he's cold? What if he's lonely? Sound familiar? Life as a new parent certainly has its challenges but the rewards definitely make it worth every one—first adorable baby laugh, anyone?

While you may still be in the phase of counting all of their fingers and toes, it's never too early—or too late—to accept a helping hand when it comes to parenting. If you find yourself a little frazzled or just not quite yourself, don't worry—we know just the place to find some support!

Your Employee and Family Assistance Program (EFAP), offered through our partnership with Homewood Health, is here to help you ease into your parenting journey. Whether you're struggling to balance sleep and a new baby or need to talk through how your work life may change while caring for a little one, your EFAP can help.

### WANT TO CONNECT WITH SOMEONE?

Assistance is just one, confidential call away. Homewood Health has numerous, highly-trained staff available 24/7 to help you find the resources and tools you need to adjust to life as a parent.

When you call, you'll be asked a few questions to ensure you're directed to the best person for your situation.

▶ English

1-800-663-1142

TTY: 1-888-384-1152

International (call collect):  
604-689-1717

▶ Français

1-866-398-9505

ATS: 1-866-433-3305

Appels internationaux  
(frais virés acceptés): 514-875-0720

### PREFER TO WORK IT OUT ONLINE?

Register for a Homeweb.ca account to access handy online tools and resources like these:

- ▶ New Parent Support (Life Smart Program), [bit.ly/homeweb11](http://bit.ly/homeweb11)
- ▶ Preparing for Life and Work after a Baby, [bit.ly/homeweb12](http://bit.ly/homeweb12)
- ▶ Single Parenting, [bit.ly/homeweb13](http://bit.ly/homeweb13)
- ▶ Childcare Resource Locator, [bit.ly/homeweb14](http://bit.ly/homeweb14)

*Remember...* your EFAP is  
here to help you, help yourself!

