FAMILY SUPPORT SERVICES TOOL KITS

Shepell-fgi is pleased to offer text-based self-help options through our Family Support Service Tool Kits. A Family Support Specialist will provide a one-on-one telephone consultation that offers relevant information, resource referrals and educational materials for day-to-day challenges or longer-term solutions. Depending on your individual situation you will receive a customized targeted tool kit complete with a selection of educational articles and other helpful tools.

ADOPTION
For couples and individuals who are considering adopting a baby or an older child domestically or internationally. Provides an overview of the different types of adoptions, the processes involved and the impact this may have on one’s work life.

PLANNING A FAMILY
A great tool if you are thinking about starting a family including an overview of the decisions and considerations that need to be assessed when planning for parenthood.

PREGNANCY
Offers an overview of a pregnant person’s new situation as well as the impact this may have on their work life. It covers a wide array of topics such as pre-natal classes, future child care, parental leave, health concerns, nutritional, financial implications, etc.

DADDY
This kit offers resources for fathers, prospective fathers and stepfathers. The literature revolves around supporting their spouse through pregnancy, balancing work and fatherhood, teaching respect & discipline, financial responsibility, etc.

NEW PARENT
Directed towards those with new babies up to 18 months old. Local resources such as child care are included as well as information surrounding breastfeeding, sleeping, safety, parental leave and single parenting.

TODDLER – 19 to 35 months
For parents with toddlers 19-35 months old. Includes information on local services as well as information surrounding potty training, sleep issues, nutrition, speech and developmental milestones.

PRESCHOOLER – 3 to 5 years
Information for parents with children between the ages of 3 to 5 years, and require literature regarding communication, discipline, education, nutrition, speech and the impact on their work life.

CHILDCARE
Provides necessary information to help make informed decisions about their choices of childcare and how this will impact ones work life.

SCHOOL AGE – 6 to 12 years
Provides resources to parents with children between the ages of 6 and 12. Focuses upon information surrounding home and/or school issues and how this may impact one’s work life.

HOME ALONE – 13 to 16 years
This tool kit is for people seeking resources regarding their teen staying at home after school or for short periods of time without adult supervision.

ADOLESCENT (Parents only) - 13 to 18 years
For parents of teenagers who are seeking resources to assist with better understanding their teen and the challenges their teen is experiencing socially, emotionally, and educationally both at home and at school.

Summer Camp
Outlines information for parents who are interested in finding out about the different options available to their child throughout the summer months and how this will impact their work life. Some of the topics covered are: day camps, residential camps, specialized camps and local vs. overnight camps.

UNIVERSITY / COLLEGE
The University / College tool kit is offered to students and their parents who are interested in finding out how to select a school as well as guidelines re the application process, financial issues, requirements, scholarships and going to school abroad.

SPECIAL NEEDS
This tool kit offers detailed research for parents or adults who have family members with special needs and how this may impact their work life. This includes tips sheets and resources on specific topics such as Autism, ADHD, dyslexia or a chronic disease.

ELDER CARE
An essential tool for those who require information to assist with eldercare issues such as finding housing, arranging for homecare, transportation to medical appointments and how to balance the care needed by their parents as well as their own families.

HOMECARE
Resources for finding a local public and/or private home support system for those who require care for themselves or a family member after an accident, surgery, or due to a physical handicap.

COMPASSIONATE CARE & BEREAVEMENT
Provides information (in conjunction with the government program) to assist family members caring for & supporting a terminally ill family member & how this may impact their work life. In addition resources surrounding caring for a dying loved one, the stages of grief and helping others grieve are provided.

Call your EAP toll-free, 24/7 for immediate, confidential help: 1 800 387-4765
for online information and resources, log on to www.workhealthlife.com