

Employee Assistance Program

Working Parents, Busy Kids



Sometimes you don't know who's busier in your household: you or your children. Between work, school, homework, housekeeping, extracurricular activities and trying to fit in some quality relaxation time, you may all feel like you're all living in a hamster wheel.

Your employee assistance program understands the challenges facing working parents and busy kids. Visit our website for information, tips and resources on time management, balancing competing demands and other ways to survive and enjoy your busy lives.

bluecrossca.com/youreap

Program Name:MEBA

800-999-7222

