

Let the Children's Resources Work for You

The feelings that you have to do it all, do it right and get it all done right now are all too common and far too overwhelming sometimes. It's important to remember that Children's offers resources to help you manage, whether you're burdened by stress or just looking for a helping hand.

Take a look at the [Employee Assistance Program EAP](#), which offers access to a variety of services, from health and wellness coaching and health screening to financial and legal assistance to smoking cessation programs and counseling on personal issues. Often looked upon as a resource only needed during times of extreme stress, EAP can actually be a useful aid for day-to-day life management. Services are available 24/7 through a variety of mediums, including online, in person or over the phone.

If it's not advice or guidance you're seeking—but rather some hands-on help—think of At Your Service as your very own personal assistant. Our concierge service is a resource for things like finding tickets to any event in the country, making dinner reservations, vacation or party planning, scheduling cable service installation, or gift shopping; one employee has even used At Your Service for wedding planning. With Children's [At Your Service](#), you get the opportunity to let someone else do the leg-work while you focus on what's important to you.

Whether you need a friendly ear to express feelings of stress, a little push towards accomplishing your wellness goals or help tracking down the perfect gift for a friend, Children's puts the resources you need at your finger tips, so don't be afraid to ask for a helping hand.

[Back to News Center >](#)



Check Out the New *Chronicle* Featuring Stories

In the March/April issue *Careforce Chronicle*, read your stories of strength and caring.

[View Full Story >](#)

Congratulations You Participants and Tra Awards Winners

Children's recently recognized outstanding *You4Life* participants at the *You4Life Trainer Awards Celebration*, held April 15.

[View Full Story >](#)

Watch This Video and What Not to Healthc

Watch the entertaining video to learn how the May Epic implementation will impact staff, then take time to see if you're prepared.

[View Full Story >](#)

Children's Receives Employer of the Year

Children's has been recognized as Employer of the Year by All About Development Disabilities (AADD) organization for our success with the SEARCH Program.

[View Full Story >](#)

Retired Nurse, Activ Volunteer Honored in Community Service

Children's own Jewel Edwards, with 52 years of service, was recognized at the 11th Annual Community Service Award dinner, which will be held this weekend.

[View Full Story >](#)

Why I said YES to Ironman

Kathryn Gregory, Advanced Practice Nurse, shares her well-being and what motivated her to sign up for the Aflac Ironman Triathlon.

[View Full Story >](#)

April is Child Abuse Awareness Month