

Did you know? As a member of the NIH Community, you have access to free parenting & elder/dependent care coaches through Adventist HealthCare LifeWork Strategies. We understand that the challenges of parenting, caring for an adult family member, and other family obligations, particularly while managing professional responsibilities, can be overwhelming. For this reason, we want to make this process as seamless as possible with a quick call to the Resource and Referral line! Dial 1-800-777-1720 to be connected to the support you need!

Don't have time for a phone call? No problem! There is now a new and improved way members of the NIH Community can access free Parenting Coaches & Elder/Dependent Care Coaches through our easy online request form. You'll receive the same level of care through the 100% confidential and secure link, allowing for quicker turn around times for support!