

YOUR EMPLOYEE ASSISTANCE PROGRAM

The everything trap

Sometimes it can seem like there is always more you can do when it comes to supporting your children. We can help you let go of any parental guilt you may have.

LET US HELP

TOLL-FREE: 1-877-313-4455

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Am I a Good Parent?**

**JULY 2023**