

EAP PAYROLL STUFFERS - MARCH 2006

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Support for Single Parents

Are you a new single parent? Mothers and fathers that take on a new role of being a single parent have many adjustments to make in their lives. It can often be overwhelming. Remember to give yourself time to adjust to your new role as a single parent and to grieve for the loss of your relationship with your partner. Your children will need time to adjust as well. For more ideas and strategies on how to make the transition easier for both you and your children, call AWP. We can refer you to resources, information, or one of our professionals to help you adjust to your new life.

Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336) • www.alliancewp.com

Happenings in March

March is the month to be aware of, or celebrate, the events listed below. Call AWP or search the Internet for more information about these topics. The sites below will get you started!

American Red Cross Month:

http://www.redcross.org/article/0,1072,0_332_4123,00.html

Mental Retardation Awareness Month:

<http://www.publicimagesnetwork.org>

Colorectal Cancer Awareness Month:

www.preventcancer.org/colorectal/

Kidney Month: www.nkdep.nih.gov/kidneymonth/

Nutrition Month: www.eatright.org

Women's History Month: www.nwhp.org

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