

## Contact your program for free and confidential assistance today.

**Work-Life specialists** can research local, safe child care facilities and help you get connected to pre-screened babysitters.

**Money Coaches** give guidance on budgeting for immediate and long-term child care expenses.

The **Discount Center** features offers on meals, snacks, toys, clothing, family activities and more.

**Counselors** are available to meet with you in person or virtually to help with parenting stress, work-life balance and more.



Scan the QR code to visit MagellanAscend.com and select your employer to access your benefits or call your DON CEAP at 1-844-DON-CEAP (TTY 711) to get started.

