



Everyone is challenged by COVID-19 these days, and those parenting are no exception. Your Employee Assistance Program and SISC have partnered to add a few new activities, reminding us that the little things are huge, and provide a valuable tip or two along the way. If you find these activities helpful, remember to sign up for a personalized experience with myStrength. Click the links below to start exploring.

Parenting in Challenging Times

[Parenting in Challenging Times](#)

Managing Time at Home with the Kids

[Managing Time at Home with the Kids](#)

Helping Kids Manage Stress

[Helping Kids Manage Stress](#)

Remember to visit [AnthemEAP.com](https://www.AnthemEAP.com) and enter company code: SISC to access additional resources and sign-up for myStrength today!