



Child and Family Programs for Contractors

NIH Child, Adult/Elder, Financial, Legal and Identity Theft Resource and Referral Services

NIH has contracted with LifeWork Strategies, Inc. to provide free, unlimited access to five (5) types of resource and referral services: **Child, Adult/Elder, Legal, Financial, and Identity Theft**. This highly personalized professional service is available by calling **1-800-777-1720** between the hours of 8:00 am and 5:00 pm EST, Monday through Friday.

NIH Parenting Coach

Parenting is not only one of the most rewarding jobs, it can also be one of the most challenging. The NIH Parenting Coach can offer guidance and answers to your specific questions on social, mental and emotional matters. The service is free to the NIH community and their spouses. Personalized email response within 48 hours. To contact the NIH Parenting Coach, email your questions to: nihp parentingcoach@adventisthealthcare.com

NIH ListServes

The NIH Child and Family Programs manages two (2) interactive listservs for child/parenting and adult/elder care topics: NIH Parenting Listserv and Adult Care Support. To subscribe to the email list, go to the NIH LISTSERVE page: <https://list.nih.gov>. Browse the list or go directly to Parenting_List or Adult-Care-Support.

NIH Lunch and Learn Seminars on Children, Families and Adult/Elderly Care

The NIH Child and Family Programs offers Lunch and Learn Seminars on various topics ranging from birth to caring for an elderly love one. The seminars are web-cast in real-time and are archived for future viewing. You can access these seminars by visiting <http://www.ors.od.nih.gov/lunchlearnseminar>.

If you have any questions, please contact the NIH Child and Family Programs team at (301) 402-8180.