

A Guide to Child Care Services

If you are searching for child care, LifeMatters can help. LifeMatters offers customized, pre-screened referrals to child care resources in your area for:

- ▶ Child care centers and family child care
- ▶ Nanny and au pair agencies
- ▶ Before and after-school care
- ▶ Summer camps

To get started, simply call LifeMatters. You will be connected with a WorkLife specialist who will:

- ▶ Determine your specific needs
- ▶ Search for providers in your preferred area
- ▶ Contact each provider to verify availability, rates, and available services
- ▶ Send you three verified referrals that match your needs within two business days

In addition, the WorkLife specialist will provide:

- ▶ A profile sheet with information on each provider
- ▶ Informational handouts that may be helpful (such as what questions to ask when interviewing a child care provider)

If you prefer to perform your search independently, you can access a variety of care locators on mylifematters.com. Searches can be run by city and state or zip code. Options for self-search include:



- ▶ Adoption services, including private or public agencies, foster care options, and adoption attorneys
- ▶ Adult care, including adult day care centers, assisted living, in home services, rehabilitation centers, nursing homes, and transportation services
- ▶ Child care, including child care centers, home-based child care, in-home child care agencies, head start, and summer camps
- ▶ New parent services, including doulas and lactation consultants
- ▶ Educational services, including private and public K-12 schools, vocational and technical schools, and colleges and universities

An assisted search option is also available on the website.

LifeMatters is available to help you with child or dependent care needs. Call 24/7/365.

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at mylifematters.com

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

