

Did you know?

Your DONCEAP provides more than just Child Care Resources. Let us help you with all your daily stressors and life challenges. Call us day or night for counseling, or resources for the following:

- Emotional concerns
- Work
- Relationships
- Child and elder care
- Home repair
- Adoption
- Substance abuse
- Parenting
- Education
- Legal and financial
- Health and wellbeing
- Diet and nutrition
- Just about anything else. If it's causing stress, we can help!

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Department of the Navy Civilian Employee Assistance Program

1-844-DONCEAP (1-844-366-2327)

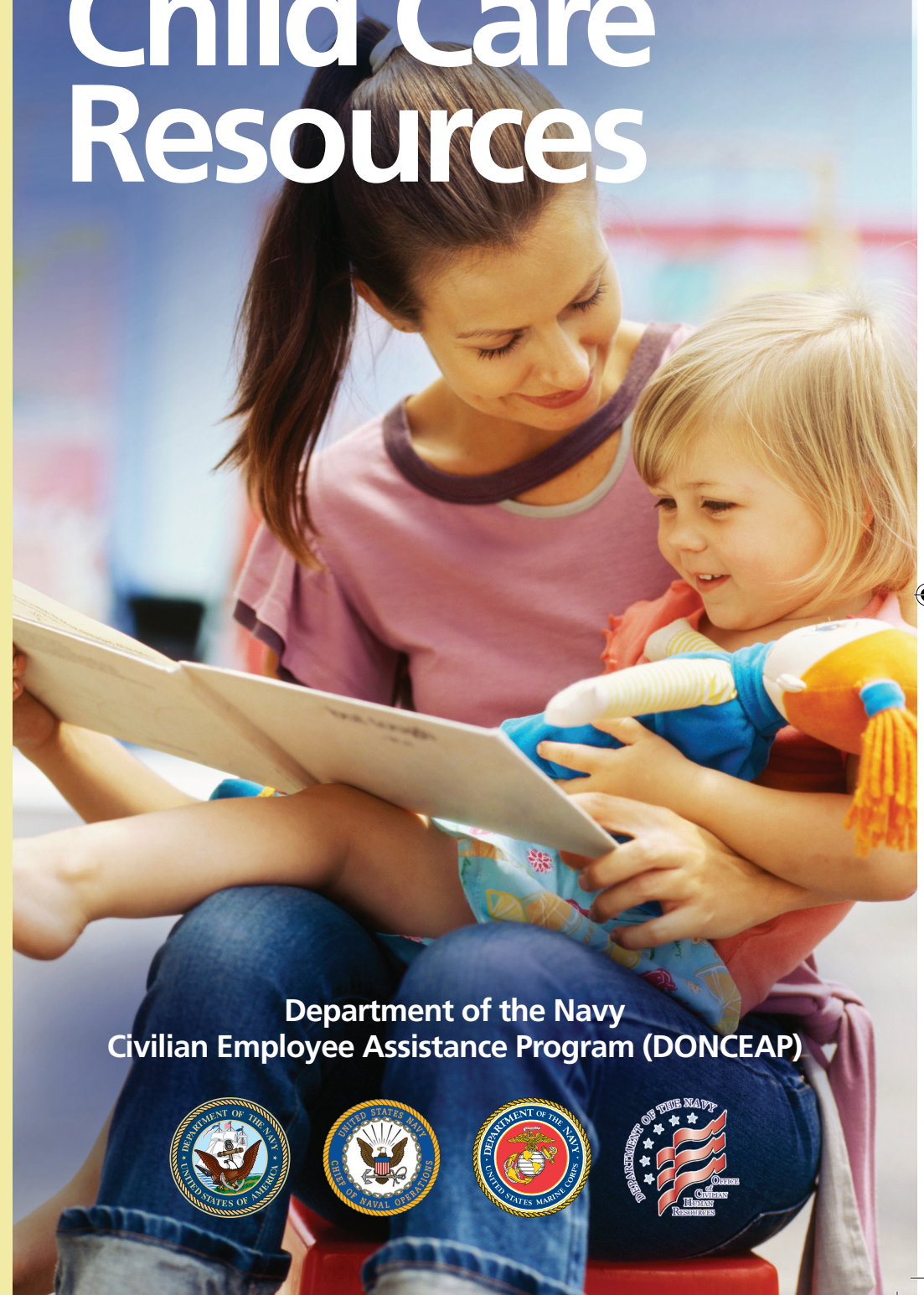
TTY: 1-888-262-7848

International: 1-866-829-0270

DONCEAP.foh.hhs.gov



Child Care Resources



**Department of the Navy
Civilian Employee Assistance Program (DONCEAP)**



Whether you have an infant or a teen – or any aged child in-between – the Department of the Navy Civilian Employee Assistance Program (DONCEAP) can help you manage childcare and parenting responsibilities, 24 hours a day, seven days a week.

Your DONCEAP is here for all life's challenges – big and small.

Contact DONCEAP as often as you like for assistance, including:

Referrals to Childcare Providers and Parenting Resources Nationwide

Call toll-free to speak to trained and educated childcare specialists who will provide expert guidance, timely information and confirmed referrals to quality childcare and parenting resources that meet your unique needs, such as budget, level and type of care, and location. Get help regarding:

- The type of care that is best for your family (childcare center, family day care home, or a nanny or au pair)

- Backup or temporary care
- Schools (pre-K through graduate school)
- Financial aid, grants and scholarships
- Before- and after-school care
- Summer care
- Tutors and enrichment programs
- Special education resources and programs

Online Resources and Tools

Log on to the website to access self-service tools and information to assist with all of your childcare and parenting needs:

- Provider search tools
- Articles, checklists, and tips
- Moderated discussion groups for parents of teens, and for parents with children with special needs
- Live and on-demand webinars on a wide range of topics
- Access to childcare specialists

Helpful Kits and Parenting Products

If you are expecting a baby, have a child under the age of three, or a college-bound student, contact the DONCEAP for the following free kits full of helpful products and information:

Prenatal Kit – Includes resources to help plan for a healthy pregnancy and childbirth, and educates about childcare and parenting issues

Child Safety Kit – For parents of children under age three to help protect toddlers from today's most prevalent dangers

College Kit – Designed to equip college-bound students with products and tools that address their health, safety, and academic success

Confidential Counseling

Parenting is not always easy. Your DONCEAP is available for confidential counseling to help you cope with parenting challenges, stress, and other emotional well-being concerns.

Services are offered as a **FREE** benefit from the Department of the Navy to you and your family members. Services are voluntary and confidential within the limits of the law.

The quickest and best way to contact DONCEAP is by calling:

1-844-DONCEAP

(1-844-366-2327)

TTY: 1-888-262-7848

International: 1-866-829-0270

Help is also available online:

DONCEAP.foh.hhs.gov

