

Benefits and Well-Being Resources to Support Parents



We are committed to supporting you throughout your career. For working parents, we provide resources and tools that help you navigate each stage of parenting while focusing on the health and well-being of you and your loved ones.

[Access parenting resources on WellBeingAtAECOM.com](#)

Browse valuable articles and resources about parenting to help you gain knowledge, find inspiration and get support. Make self-care a regular practice too with daily mood boosters and well-being moments.

- [The Hidden Costs of Caregiving](#)
- [Manager Tips: Support Employees Who Are Supporting Others](#)
- [25 Ideas for Tech-Free Family Fun](#)
- [How Social Media Impacts Kids](#)
- [Want Kids to Learn Well? Feed Them Well](#)

[Get support with the Employee Assistance Program](#)

Access free and confidential support 24/7 for relationship concerns, childcare resources, college and university information, financial planning and legal guidance. Each household family member will receive five free one-on-one sessions per issue, per year.



[Tap into mental well-being resources with Koa Health Foundations](#)

Boost your emotional well-being so you can feel your best at work and at home. Koa Health Foundations offers a flexible, comprehensive digital program that helps you improve your sleep quality, reduce feelings of anxiety and stress and adapt to change and everyday challenges.

[Connect with other working parents](#)

Reduce stress, foster happiness and increase well-being by connecting with the AECOM community around the world. Click the Community menu on [WellBeingAtAECOM.com](#) and follow the easy steps to get started. Join an [Employee Resource Group](#) to network and build community with other colleagues.

[Stay active with ClassPass](#)


Access on-demand fitness and wellness classes through ClassPass and focus on your fitness when it works best in your schedule.

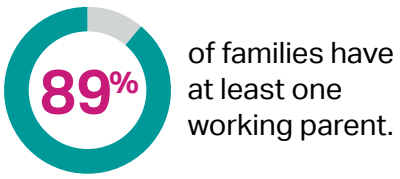
[Engage in courses on LinkedIn Learning](#)


Discover valuable courses that focus on strategies for working parents on LinkedIn Learning, including topics on time management, teaching your children about finances and knowing your leave of absence rights.

Review resources in your country

You may have access to additional programs and resources. Check your local country or region's benefits for additional parenting resources that may be available to you.

 Explore [WellBeingAtAECOM.com](#) for more information on well-being benefits and programs and register for your own personal account.



 Maintaining a healthy work-life balance helps reduce stress and prevent burnout, leading to better health and happiness.²

1. Cleo
2. Forbes