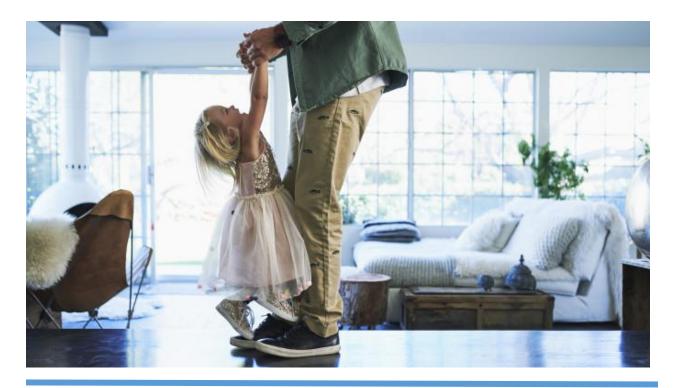
Anthem EAP





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 and enter company code: SISC to access additional resources and sign-up for myStrength today!