



An Roinn Caiteachais
Phoiblí agus Athchóirithe
Department of Public
Expenditure and Reform

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



Civil Service Employee
Assistance Service

Working Parent Series

Bringing a little one into the world is an exciting, life-changing event, no matter if it's your first child, or if you're adding to your family once more. The life of a working parent is fast paced and rewarding but it can also be a challenge.

To help you along the way the CSEAS is launching a Working Parent Information series aimed at supporting parents/guardians in a range of areas that can enhance their overall wellbeing. This series will include articles and short webinars on returning to work after maternity leave, dealing with parental guilt, supporting the working parent in the workplace and more.

The CSEAS is a free and confidential resource that can provide support on topics including managing stress and anxiety, benefits and statutory entitlements, relationship support, preparing to return to work and much more.

**For updated extended hours please check the
website www.cseas.per.gov.ie**

Email: cseas@per.gov.ie

<https://www.cseas.per.gov.ie/parenting/>

