

# EFR's Child & Eldercare Resources

Finding reliable care for a child or aging relative can be overwhelming and time-consuming—EFR is here to help! Our EAP offers expert Child & Eldercare Resources to simplify your search and provide peace of mind.

## How We Help:

### Telephonic Consultations:

Speak with a professional to discuss your specific needs and preferences.

**Customized Resource Lists:** receive a tailored list of childcare centers, in-home care providers, senior living facilities, and additional relevant resources that meet your criteria.

We're here to save you time and provide trusted information, so you can confidently make the best care decisions for your loved ones.

**Let Us Help You Find the Right Care**  
**Connect with us today— we're here to help!**



[efr.org](http://efr.org)

Call us **anytime**—  
**24** hours a day,  
**7** days a week at:  
**800.327.4692**