



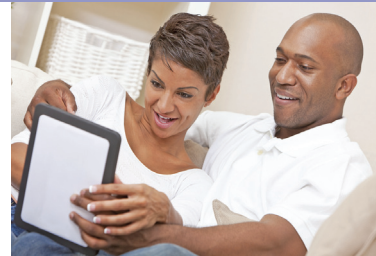
ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

AUGUST 2020

Stay Connected with the ACFC!

Being away from family, friends and co-workers can be difficult. The ACFC wants to help you maneuver these unusual times by helping you stay connected and energized. Whether you need assistance with schooling, parenting, child care or back-up care, we have a solution. We offer services such as My Tutor, Back-Up Care, Active Parenting, College Coach, and a number of other family-focused programs.



*Help When You Need it,
Where You Need it.*

Stay connected with the ACFC by visiting the [ACFC website](#) on a regular basis to keep up with the latest news and announcements.

Health and Wellness Awareness

[Back to School Month](#)

[Family Fun Month](#)

[National Breastfeeding Month](#)

[Children's Eye Health and Safety Month](#)

[Immunization Awareness Month](#)

TO-DO LIST

- Clean the house
- Mow the grass
- Grocery shop
- Wash the cars

Getting Your To-Dos Done

Do you ever feel like your life is on hold until you cross everything off your to-do list? There is help available. It's easy to find local services to cut the grass, wash the car, clean the house and other repetitive chores. Picture your next weekend being spent with your family or exploring new adventures.

Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life in this month's Anthem webinar, "**Outsourcing Your To-Do List.**" This webinar will be available starting August 18, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

Navigating Difficult Times



Parents have a lot of questions these days about raising children. There is a lot of discussion whether children should return to the classroom this school year or continue to be home-schooled. How should parents talk to their children about what they hear and see in the news? What's the best way to teach children in the home? The Bright Horizons Family Resource Room provides articles and webinars that can help you navigate these difficult times.

The ACFC provides Bright Horizon resources for all of their members. Click on the Bright Horizons Family Resource Room tab on the [ACFC website](#) to register for this webinar. For more parenting resources and to take a FREE online parenting class, click on the Active Parenting tab on the [ACFC website](#). The ACFC offers parenting resources in partnership with Active Parenting.

Thoughts to
Live By

AUGUST: OVERCOMING OBSTACLES

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." ~ Christian D. Larson



Get Emotional Help from Life Happens

During these uncertain times it's not unusual to experience a wide range of emotions. Anger, fear, grief, worry, loneliness, just to name a few. It's important to find guidance in dealing with these emotions to maintain good mental health. That's where Life Happens comes in. You can find help, support and solutions to all of these emotions in the Life Happens program from the ACFC. There are resources for life events, thoughts and making future decisions.

Categories covered include:

- Feelings
- Thoughts
- Life Events
- Well-being
- Future

Within each category you'll find articles, tips, and resources for a variety of life events. You'll find Life Happens on the [ACFC website](#).

Your Opinion Counts

The ACFC has a website available to ensure our members can take full advantage of the services and programs we provide. We'd like your feedback on how this website has been beneficial to you and your family.

Click the link below to take this survey or type [surveymonkey.com/r/ACFCwebsite](https://www.surveymonkey.com/r/ACFCwebsite) into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Monthly Website

What To Expect

If you have ever become a new parent, you know about the *What to Expect* books that have guided millions of parents through pregnancy and the first years of parenthood. This website is based on the What to Expect book series and provides trusted guidance from conception to toddler age. All of their content is written by experts and medically reviewed. You will find answers to every question you ever had about caring for infants, product reviews, finances, traveling, pets, adoption and much more. Track your baby and body developments on the week-to-week calendar. Learn how to create the ideal baby registry and join in on the Community Groups to ask questions and find advice from other parents.

what to expect.



Made in the USA

Bio Green Clean

Cleanliness has never been more important. Bio Green Clean is an ideal choice to clean anything you and your family come in contact with. It is 100% plant-derived, phosphate, fume and fragrance-free, chemical-free and completely safe to use around people and pets. Use it to clean your kitchen, bathroom, recreational vehicle, boat, tile, wood, linoleum, laminate, carpets, canvas and even clothing. One product does it all! Purchases ship free of charge and they offer a 30-day satisfaction guarantee.

Using Bio Green Clean is beneficial for the environment by providing a safe, earth-friendly alternative to chemical cleaners.

THE ACFC COMMITTEE

The ACFC is a joint CWA and Verizon committee negotiated especially to meet the family and daily-life needs of the CWA members in the mid-Atlantic. The council includes employees from sectors of union and management, all dedicated to helping you and your family thrive. The ACFC is responsible for researching, developing, evaluating, funding, monitoring, deploying, and communicating programs and initiatives in all areas of your work/life balance.

- Dutchin Carpenter - ACFC Coordinator - District 2-13-MD, VA, DC, WV
- Dawn Bergner-Thompson - District 1-NJ
- Julie Boden - Verizon/Area Manager/I&M Construction
- Miriam Brooks - Verizon/LR
- Patrice Mears-Swift - District 2-13-DE, PA
- Shernell Saunders - Verizon Senior Manager-EEO

