

# Canada Working Parents Resource Guide

## AECOM Canada Benefits

### Care@Work Benefit through Care.com

Care.com makes it easier for you to find caregivers for your home and your family (children, elderly adults and pets). [Learn more](#) or call 855.781.1303.

### GuidanceResources Employee Assistance Program (EAP)

The EAP provides confidential and professional assistance, including counseling services, financial advice, legal assistance and other well-being resources, to help you and your family resolve personal challenges. [Learn more](#) or call 800.497.9096.

### Back to School Resources

Visit the [Back to School Resources page](#) at [benefitsatAECOM.com](#) for an extensive list of ways your AECOM benefits can provide back-to-school support for you and your family.

## Educational Websites and Apps

- [Duolingo](#) – Learn a language in just 5 minutes a day with game-like lessons
- [Educational Resources](#)
- [Coronavirus Resources for Parents and Kids](#)
- [Calm App](#) – Meditation and sleep stories
- [Smiling Mind](#) – Short audio session to help with mindfulness
- [CBC Kids](#) – Educational games, blogs and videos
- [Funology](#) – Science experiments, recipes, games and more
- [Cosmic Kids Yoga](#) – Videos for kids ages 3 and older
- [Open Culture](#) – Free educational resources for K-12 students
- [Camp Kinda](#) – Weekly learning adventures and daily activities
- [Summer Learning Family Toolkit](#)
- [Khan Academy](#)
  - [Khan Academy Kids app](#) (includes 100s of books to read or listen to)
  - [Recommended Daily Schedule for School Closures](#)
  - [English and Languages Arts](#)
  - [Art History](#)
  - [Computer Programming](#)
  - [Fun Writing Prompts for Learners of All Ages](#)
  - [Imagineering in a Box](#)
  - [Adobe's Khan + Create](#)
  - [Water-Themed Math Activities for Kids Ages 2 – 7](#)
  - [Circle Time Videos for Early Learners](#)
  - [Printable Worksheets for Early Learners](#)



## Helpful Articles

- [Tips for Working Moms](#)
- [The Extra Burden for Parents of Children with Special Needs](#)
- [Working Parents, Your Family Needs a "Board of Directors"](#)
- [See Back to School articles on \[benefitsatAECOM.com\]\(#\)](#)