



Parent and Child Well-being

Real support for everyday parenting

Provided by: Bowdoin College

Progyny's Parent and Child Well-being program is designed for parents and caregivers of children up to age 12. The program offers access to expert, personalized guidance for the real-life challenges of raising kids. From navigating developmental milestones, to managing challenging behaviors, or balancing the emotional load of parenting, **you can lean on Progyny, at no cost to you.**

You'll get:



Unlimited 1:1 support from a Progyny Care Advocate (PCA)



Help understanding additional benefits and resources that can help you as a parent



Access to parenting wellness experts trained in social work & child development



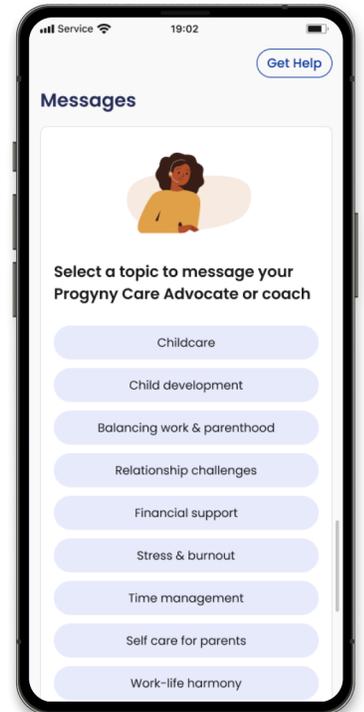
Guidance planning for, finding, & funding childcare



On-demand digital resources for support navigating developmental milestones



Tools for managing daily needs like work-life balance, budgeting, and self-care



Screen image is an example and subject to change

At no cost to you!

Progyny is available to employees and their covered spouse enrolled in an eligible plan. This program is designed for parents and caregivers of children up to age 12. There is no cost to you for Progyny's resources, including coaching support and the app.

Get started: Call 833.233.1088

Our PCAs are available M-F 9:00 am - 9:00 pm ET to answer all of your questions, as often as you need them.

*Program available starting 1/1/2026