

Resource your working parents with our 2027 Work & Family Support Programs

A strategic approach to psychosocial safety and workplace success

Working parents make up a large share of your workforce and often face higher risks of stress, mental health concerns and burnout. Traditional employee wellbeing programs may not address the specific challenges working parents face when navigating their dual responsibilities.

Building psychosocial safety at work

Parenting and family wellbeing education programs, as part of your inclusion strategies and workplace health and safety compliance, is a practical, evidence-based way to reduce psychosocial risk and improve work outcomes. It's good for people and good for business.

The business case

Prevention works

Work-family conflict reduces productivity and heightens psychosocial risk. Prevention is often more effective and more affordable than managing the high costs of burnout and turnover.

Working Parents: What the data shows

Exhaustion 54% end the day mentally and/or physically exhausted	**Overwhelm** 49% are more likely to feel overwhelmed by responsibilities
Lack of Support 3 in 10 feel unsupported by their manager, and have lowest mental health scores	**Lower Productivity** Impact of mental health on work productivity is greater than for non-parents

Source: *TELUS Health Research Brief 2026*
The Win-Win Imperative: Supporting Working Parents in Australia

How we help

In partnership with Win Win Parenting and TELUS Health, organisations can deploy flexible, workplace-ready programs that help employees:

- **improve work-life integration**
- **manage daily parenting challenges**
- **reduce guilt, stress and emotional exhaustion**

These cost-effective programs strengthen psychosocial safety, nurture a family-friendly workplace culture and demonstrate a proactive approach to meeting WHS obligations.

Backed by research. Proven in workplaces.

Developed by **Dr Rosina McAlpine**, work and family wellbeing expert, the programs are flexible, workplace friendly, and designed for real-life impact. For over a decade, they've been delivered in organisations across diverse industries and all levels of government, with high engagement and excellent feedback from employees and leaders alike.

Program options

More than a one-off support session, people leaders can choose from our ***popular programs*** to resource their hard-working employees all year round. Providing practical support to better manage work and family life empowers working parents to thrive, rather than just survive at home and work.

- **12-month interactive work and family support program**
- **6-month family wellbeing program**
- **6-month family mental health webinar series**

Learn more

The following pages outline the features and benefits of each offering. These programs resource organisations committed to building a family-friendly workplace culture and support working parents to thrive at home and at work. If these programs do not suit your needs, reach out to your dedicated Customer Success Manager or email wwp@telushealth.com to discuss how our wide range of programs can be tailored to support your workplace wellbeing strategies and budget.

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Win Win Parenting

12-Month
Support Program for Working Parents



Work and Family Support Program

Successfully managing work and family has never been easy, and it's become even more challenging in our current uncertain and ever-changing work and family environment.

It's highly stressful when working parents struggle to manage workloads and deadlines while overcoming daily parenting challenges like fussy eating, toddler or teenager emotional melt-downs, children not listening or cooperating, and the most dreaded screen time arguments. These stresses and challenges can spill over into work life and negatively impact employee wellbeing and productivity.

Organisations offering parenting support can improve employee wellbeing and workplace effectiveness as well as promote a family-friendly organisational culture.

In partnership with Win Win Parenting's family wellbeing expert Dr Rosina McAlpine, TELUS Health is offering a comprehensive 12-month Work and Family Support Program to help organisations support their hard-working employees with families to thrive rather than survive throughout the year.

12-Month Work and Family Support Program Overview

This comprehensive 12-month program provides working parents with year-round support delivering practical solutions to everyday challenges, the opportunity to ask questions and ongoing support to enable employees to embed sustainable parenting and work practices for a better work-family life.

Each month employees develop their knowledge and skills with:

- **A live 1-hour webinar with step-by-step strategies**
- **Opportunity to ask questions with a parenting expert**
- **On-demand access to our Work–Family Resource Centre:**
  - Webinar recordings
  - Podcasts (audio version of live webinars)
  - Tip sheets with links to further resources
  - Articles on key parenting topics

Program benefits

- **Family-friendly work-place culture**
- **Visible management support for working parents**
- **Interactive webinars - opportunity to ask questions**
- **Reduced parenting stress**
- **Practical solutions for juggling work and family**
- **Ongoing support for embedding wellbeing practices**
- **Flexible, on-demand access to resources / solutions**
- **Cost-effective program**

Special Discount Offer

12 Webinars for the price of 10

Cost

This cost-effective 12-month program is only ~~$16,800~~ $14,000+GST (saving of $2,800).

Participants: Up to 500 employees for the live webinars and an unlimited number can access the Work and Family Resource Centre.

The program can commence in any month and a new program is available each year.

48+ Parenting support resources

Including 12+ hours of live and recorded support

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12-Month Work and Family Support Program: January – December 2027 Schedule

MONTH	TOPIC
January	**Getting Organised:** Strategies for managing work and family
February	**Building Resilience:** Supporting children to navigate life's ups and downs
March	**Communication:** Your relationship with your child - harmful vs nurturing communication
April	**Parenting:** Being a positive role-model for your children
May	**Self-regulation:** Resourcing children to develop this important life skill
June	**Family Wellbeing:** Thriving as a family with children toddler to teen
July	**Teen - Pre-teen:** Navigating the pre-teen and teen years with more confidence
August	**Self-care:** Taking care of yourself - a crucial step for successfully managing work and family
September	**Relationships:** Overcoming sibling rivalry and peer conflict
October	**Child Mental Health:** Strategies to support children's mental health
November	**Family Safety:** What parents can do to help stop violence against girls and women
December	**School Holidays:** Navigating the work and family juggle

Live webinars run for 60 mins. Dates and times confirmed upon booking. The 12-month program can start in any month of the year.

How the program works – simple as 1...2...3

1. **ONE SIMPLE REGISTRATION:** Employees receive one link to register for the entire program. This registration provides participants with access to the Work and Family Resource Centre and all 12 webinar sessions. New employees can register at any time throughout the program.
2. **REMINDERS:** Each month, registrants receive a reminder 1 week, 1 day and 1 hour before each webinar with the link to join the webinar. Participants can join live and ask questions or access the replays on demand.
3. **REPLAYS AND RESOURCES:** After the live webinar all registrants receive a link to access the webinar replay and other resources in the Resource Centre (same link as step 1) and can share the resources with their family members.

During these interactive sessions employees receive simple and sustainable practical strategies. Webinars are delivered via the GoTo Webinar platform which allows maximum engagement with polls, questions and comments – all in a safe and confidential online environment. Alternative platforms are available on request. The program is designed to provide practical support for parents and carers raising children 18 months to 18+ years.

Here's what employees have to say about the program:

"
- Having information and knowledge that can be practically applied at home results in an improved and happier family life. This means a happier mum and a therefore a happier employee!
- Really enjoyed the session and will look forward to bringing some strategies in practice.
- A good mix of tips and nice to not feel alone in this struggle!
- A very informative webinar. Definitely be looking to attend more of these in the future.
- Simple to remember. Not over complicated. It means you can apply it.
- Looking forward to the next webinar! It was well worth it. Will encourage my colleagues to join! Thanks for your laughter!
- Very informative. Loved the little tips throughout and interaction. It wasn't just a one-way information session.

"

Booking and more information

To book our 12-month Work and Family Support Program please contact your dedicated Customer Success Manager or email us at wwp@telushealth.com

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Win Win Parenting

6-Month
Support Program for Working Parents



6-month Family Wellbeing Program

Creating a happy, healthy and productive workplace starts with supporting people to be their best at work and in life.

For working parents, juggling the demands of work and parenting, as well as life's everyday challenges, can have a significant negative impact on their mental health, physical wellbeing and performance.

In partnership with Win Win Parenting's family wellbeing expert Dr Rosina McAlpine, TELUS Health is offering a 6-month Family Wellbeing Program to support parents and carers successfully navigate work and home life.

Family-friendly organisations can support their hard-working employees raising children 18 months to 18+ years old with practical solutions and resources to thrive rather than survive throughout the year.

What is the Family Wellbeing Program?

More than a one-off session – our 6-month program provides employees with practical solutions and ongoing support to enable them to embed sustainable wellbeing practices into family life.

Each month, employees develop their knowledge and skills with:

- **A live 30-minute webinar, and**
- **On-demand access to our Family Wellbeing Resource Centre containing:**
  - Webinar recordings
  - Podcasts (audio version of live webinars)
  - Summary handouts

21+ Wellbeing resources
Including 3+ hours of live and recorded support

Some of the many program benefits

- **Reduce parenting stress**
- **Practical solutions for juggling work and family**
- **Flexible on-demand access to support**
- **Cost-effective program**
- **Ongoing practical support with parenting challenges**
- **Supports a family-friendly organisational culture**

Cost

This cost-effective program is only **$6,500+GST** for up to 500 employees for the live webinars and an unlimited number can access the Resource Centre.

A new program is available every 6 months.

Program Special Offer

Book a 6-month program for **FREE** access to a **BONUS video and resources** on Family Wellbeing: Thriving as a family with children toddler to teen.

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How the program works

The Family Wellbeing Program runs for 6-months and includes a bonus free video and resources. Upon purchasing the program your organisation will receive a link to share with employees.

Employees register once and will receive monthly notifications for the upcoming live webinar. Employees can choose to attend the live webinar or access the replay in the Resource Centre at a time that suits them. The Resource Centre provides ongoing learning and 24/7 support for the duration of the program. The program is designed for parents and carers raising children 18 months to 18+ years. Live webinars run for 30 mins on the ***GoTo Webinar*** platform. Alternative platforms are available on request. Session dates and times are confirmed upon booking.

6-Month Family Wellbeing Program: January – June 2027 Schedule

MONTH	TOPIC
	Bonus Video – Self-esteem: Helping your child to develop healthy self-esteem
January	**Getting Organised:** Strategies for managing work and family
February	**Mental wellbeing:** Building positivity into family life
March	**Parenting together:** Navigating the challenges of different approaches
April	**Relationships:** Overcoming sibling rivalry and peer conflict
May	**Teenagers:** Thriving as a family during the pre-teen and teen years
June	**Communication:** Your relationship with your child - harmful vs nurturing communication

The 6-month program can start in any month for a six month period.

How to make a booking

For more information about the program or to make a booking, please contact your dedicated Customer Success Manager. Or, email us at wwp@telushealth.com

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Not sure which program to choose?

To help you decide between the 6-month or 12-month program, we've provided the key features of each program in the table below. Most importantly, supporting your working parents to manage day-to-day parenting challenges can help to reduce parental stress, improve employee wellbeing, support a more positive work-family organisational culture and reduce the negative spillover effect on productivity.

12-MONTH WORK AND FAMILY SUPPORT PROGRAM	6-MONTH FAMILY WELLBEING PROGRAM
Program Duration Twelve 1-hour live webinars over 12 months. Start the program in any month.	**Program Duration** Six 30-minute live webinars over 6 months. Start the program in any month.
On Demand Access to Help Work and Family Resource Centre for 12 months ▪ Webinar replays ▪ Podcast (audio from the webinar) ▪ Tip sheet with links to additional resources.	**On Demand Access to Help** Family Wellbeing Resource Centre for 6 months ▪ Webinar replays ▪ Podcast (audio from the webinar) ▪ Tip sheet with links to additional resources.
Content In-depth exploration of common parenting challenges with step-by-step practical solutions.	**Content** Content rich, short information sessions with practical tips.
Cost Cost-effective program: ▪ 12 webinars for the price of ten $14,000 (+ GST) ▪ 2 FREE webinars - Saving $2,800. Up to 500 employees on the live webinar. Unlimited number of employees can access the Resource Centre.	**Cost** Cost effective program: ▪ 6-month program for $6,500 (+ GST) ▪ Bonus video and resources. Up to 500 employees on the live webinar. Unlimited number of employees can access the Resource Centre.
Ongoing Support More than a one-off session – this program provides ongoing support each month over a 12-month period, to enable employees to embed their learning into work-family life and ask questions month after month as issues arise. A new program is available at the end of 12 months.	**Ongoing Support** More than a one-off session – this program enables families to build their knowledge and skills each month over a 6-month period. A new program is available at the end of 6 months.
Program Engagement Interactive sessions where participants can engage in polls, ask their work-family questions and make comments in a safe and confidential environment.	**Program Engagement** Participants can engage in polls and make comments in a safe and confidential environment.
Reporting Monthly data on program registrations and engagement. Full summary report with feedback at 12-months.	**Reporting** Monthly data on program registrations and engagement. Full summary report with feedback at the end of the program.
Bonus Resources 12 comprehensive articles on key parenting issues like emotional regulation, self-esteem, parenting approaches, family communication and more...	



Booking and more information

To book our 12-month Work and Family Support Program or our 6-month Family Wellbeing Program please contact your dedicated Customer Success Manager or email us at wwp@telushealth.com

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Resource your working parents in 2027
6-Month Family Mental Health Webinar Series

Supporting Employee and Family Mental Health

Managing work and family life has become increasingly challenging resulting in a negative spillover in the workplace. Family-friendly workplaces recognise the need to support working parents to succeed at home and at work. When employees can't manage the daily work and family juggle, it can have a negative impact on their mental health, productivity and employee turnover. The rising number of employees experiencing mental health challenges has led to an increased demand for workplace support programs with a ***family mental health focus*** – resourcing employees to succeed at home and at work.

The Data:
Strained mental health of working parents

For many organisations, working parents and carers are a significant proportion of the workforce. The TELUS Health Research Brief on the ***Mental Health of Working Parents*** reported:

- More than half of the working parents in the study ended their ***workday feeling mentally and/or physically exhausted***, 45% found it increasingly more difficult to be motivated at work, and more than one-third had ***difficulty concentrating on their work***.
- The Mental Health Index by TELUS Health found that ***working parents have consistently lower mental health scores than non-parents***, including poorer scores for anxiety, depression, isolation, and financial risk.
- ***The impact of mental health on work productivity is also greater for parents compared to non-parents***.

What is the Family Mental Health Series?

While general mental health programs are helpful, mental health programs that support working parents to ***manage their specific challenges*** are more effective than general programs that do not address the underlying stresses and issues. To support working parents and their families to thrive, in partnership with Win Win Parenting's family wellbeing expert Dr Rosina McAlpine, TELUS Health is offering a six-part ***Mental Health Series for Working Parents*** specifically tailored to support employee and family mental wellbeing.

More than a one-off session, our 6-month program provides employees with practical solutions and ongoing support to enable them to embed sustainable mental health practices into family life. Each month, employees develop their knowledge and skills with:

- **A live 1-hour webinar with step-by-step strategies**
- **Opportunity to ask questions**
- **On-demand access to Family Wellbeing Resource Centre:**
  - Webinar recordings
  - Podcasts (audio version of live webinars)
  - Summary handouts

Program features and benefits

- **Supports employee and family mental wellbeing**
- **Reduce parenting stress**
- **Practical solutions for juggling work and family**
- **Flexible on-demand access to support**
- **Cost-effective program**
- **Ongoing practical support with parenting challenges**
- **Supports a family-friendly organisational culture**

21+ Mental Wellbeing resources

Including 3+ hours of live and recorded support

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6-Month Family Mental Health Webinar Series: January – December 2027 Schedule

The 6-month series runs from January–June 2027 OR July–December 2027 and six sessions can be delivered over 12-months January–December 2027

MONTH	TOPICS
Jan or Jul 2027	**Family Mental and Physical Wellbeing:** Self-care for working parents and kids
Feb or Aug 2027	**Getting Organised:** Strategies to reduce the stress of managing work and family life
Mar or Sep 2027	**Mental Wellbeing:** Strategies to support children's mental health
Apr or Oct 2027	**Self-regulation:** Supporting children to develop this important life skill
May or Nov 2027	**Nurturing Family Positivity:** Supporting mental health at home
Jun or Dec 2027	**Building Resilience:** Supporting families to navigate life's ups and downs

Interactive webinars run for 60 mins. Dates and times confirmed upon booking.

Design your program with our flexible series

As part of a workplace mental wellbeing strategy, the program can be tailored for employees with families by selecting one or more sessions from the 6-month webinar series. Webinars can be run as standalone sessions or as a series. Providing ongoing support through a series of webinars and resources, supports employees to embed wellbeing practices for sustained change.

Webinar series options – select:

- 1 or more sessions from the series delivered throughout the year
- 6-part series over 6 months (January–June 2027 or July–December 2027)
- 6-part series over 12 months (one session every 2 months)

How the program works – simple as 1...2...3

1. **SELECT PROGRAM:** Select one or more sessions from the webinar schedule: Your organisation will receive the program communications with link(s) to register, and an outline of each session to share with employees.
2. **REMINDERS:** Once registered, employees receive a reminder 1 week, 1 day and 1 hour before each webinar with the link to join the webinar. Participants can join live and ask questions or access the replay.
3. **REPLAYS:** After the live webinar all registrants receive a link to access the webinar replay. The replay and resources will be available for 4 weeks, or for the duration of the program selected 6- or 12- months

During these interactive sessions employees receive simple and sustainable practical strategies. Webinars are delivered via the GoTo Webinar platform which allows maximum engagement with polls, questions and comments – all in a safe and confidential online environment. Alternative platforms are available on request. The program is designed to provide practical support for parents and carers raising children 18 months to 18+ years.

Cost-effective and flexible program

This cost-effective program has been designed to complement workplace wellbeing programs and support a range of budgets. ***Design your organisation's family mental wellbeing program*** by choosing one or more sessions from our flexible Family Mental Health Webinar Series or choose the entire series of 6 sessions to provide employees with support throughout the year.

Each webinar session is $1,400 plus GST.

Book more sessions and save

Select 3 sessions and save $700.
The three-part series is only $3,500 plus GST.

Select all 6 sessions for ongoing support and save $1,400.
Six sessions for the cost of five sessions only $7,000 plus GST.

Booking and more information

To book our 12-month Work and Family Support program please contact your dedicated Customer Success Manager or email us at wwp@telushealth.com

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