

# new parent BINGO



Look up more info about the Parenting networks on campus at:

[gvsu.edu/hro/benefitswellness/parentingnetwork](https://gvsu.edu/hro/benefitswellness/parentingnetwork)

Time & date of a group: \_\_\_\_\_

My Life Expert  
Look through My Life Expert, the Encompass EAP portal, at [mylifeexpert.com](https://mylifeexpert.com). Create a login with the code: **gvsuni**.

How many sessions do GVSU employees get? \_\_\_\_\_

What is the 24/7 number? \_\_\_\_\_

Set up an appointment with an Encompass Counselor to learn about resources and support.

You can visit [mylifeexpert.com](https://mylifeexpert.com) or call 1-800-788-8630 to get started.

Initials: \_\_\_\_\_

Check out the Maternal Infant Health Program at:

[spectrumhealth.org/healthier-communities/our-programs/maternal-infant-health-program](https://spectrumhealth.org/healthier-communities/our-programs/maternal-infant-health-program)

Watch **one** video: \_\_\_\_\_

Write down the phone number: \_\_\_\_\_

Look up more info about GVSU's Child Enrichment Center at:

[gvsu.edu/child](https://gvsu.edu/child)

Write **one** fact about CEC: \_\_\_\_\_

Who can I call for help with breastfeeding?

Check out one of the following links:

[babybelovedinc.com](https://babybelovedinc.com)  
[llgrandrapids.org](https://llgrandrapids.org)  
[mercyhealthsaintmarys.com](https://mercyhealthsaintmarys.com)  
[metrohealth.net](https://metrohealth.net)  
[spectrumhealth.org/breastfeeding](https://spectrumhealth.org/breastfeeding)  
[kentcountybreastfeeding.org](https://kentcountybreastfeeding.org)

Initials: \_\_\_\_\_

Review all of these sites and check the boxes:

- [momsbloom.org](https://momsbloom.org)
- [singlemothersbychoice.org](https://singlemothersbychoice.org)
- [choicemoms.org/resources](https://choicemoms.org/resources)

Find rooms for nursing near your workplace at:

<https://www.gvsu.edu/facilitieservices/accessible-restroom-and-wellness-room-information-7.htm>

Initials: \_\_\_\_\_

Or review our Flexible Work Arrangements at: [gvsu.edu/fwa](https://gvsu.edu/fwa)

Initials: \_\_\_\_\_

Check out a breastfeeding support group:

La Leche League 616.752.8300  
Mercy Health 616.685.5602  
Metro Hospital 616.252.7894  
Spectrum Health Healthier Communities 616.391.5000  
Strong Beginnings HUGS 616.391.8491  
Clinical Santa Maria (Spanish) 616.685.8400

Initials: \_\_\_\_\_

Sign up for a group exercise class:

[gvsu.edu/hro/benefitswellness/fitness-facilities-classes-and-events-484.htm#fitnessclasses](https://gvsu.edu/hro/benefitswellness/fitness-facilities-classes-and-events-484.htm#fitnessclasses)

Write which one you are interested in: \_\_\_\_\_

Search for adoption support and resources at:

[bethany.org/adoption](https://bethany.org/adoption)  
[dabsj.org/what-we-do/adoption](https://dabsj.org/what-we-do/adoption)  
[nacac.org](https://nacac.org)

Initials: \_\_\_\_\_

Postpartum—check out one of these sites:

[spectrumhealth.org/postpartumdepression](https://spectrumhealth.org/postpartumdepression)  
[postpartumdads.org](https://postpartumdads.org)  
[ppdsupportpage.com](https://ppdsupportpage.com)  
[mededppd.org](https://mededppd.org)

Write one helpful tip: \_\_\_\_\_

Request Priority Health educational videos regarding c-sections and childbirth.

Contact **Christine Adams**, GVSU's designated Care Manager.

✉ [christine.a@priorityhealth.com](mailto:christine.a@priorityhealth.com)

☎ 1 (616) 464.8910

Initials: \_\_\_\_\_

Request **FREE** parenting resources from Encompass at: **1 (800) 788.8630**

Check which resource you requested:

What to Expect the First Year; What to Expect the Toddler Years; The Adoption Resource Book; Teen Tips; Kid Tips; The Pocket Parent; Potty Power DVD; You don't have to let your baby cry CD (Available in Spanish)

Prefer pamphlets? Initial here to have some sent to you: \_\_\_\_\_

Have a question for the Wellness Manager? Receive a call by writing contact information here: \_\_\_\_\_

Find a foster parent support group in your area at:

[fcnp.org/support-group](https://fcnp.org/support-group)

Write **one** near you: \_\_\_\_\_

# hello,

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On behalf of Grand Valley, we would like to welcome the new addition to your family! Please accept our warmest wishes. Grand Valley has resources and support available to you to encourage you during this exciting time in your life. In an effort to make learning about the support available to you fun, relevant, and interactive, we have sent you this completely voluntary Parent Bingo. Learn about the resources and support available to you by working through this bingo sheet. Pick the ones that are most relevant to you. Some will have a question(s) to answer, and others just require a signature. When you complete four boxes (does not have to be in a row), send the completed form to Lindsey DesArmo at [desarmli@gvsu.edu](mailto:desarmli@gvsu.edu), and we will send you GV swag! Again, Parent Bingo is completely optional, and can simply serve as a reminder of the support available to you.

Be gentle to yourself as you embark on a life changing journey. Know that support and help is only a call away.



GVSU Human Resources

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