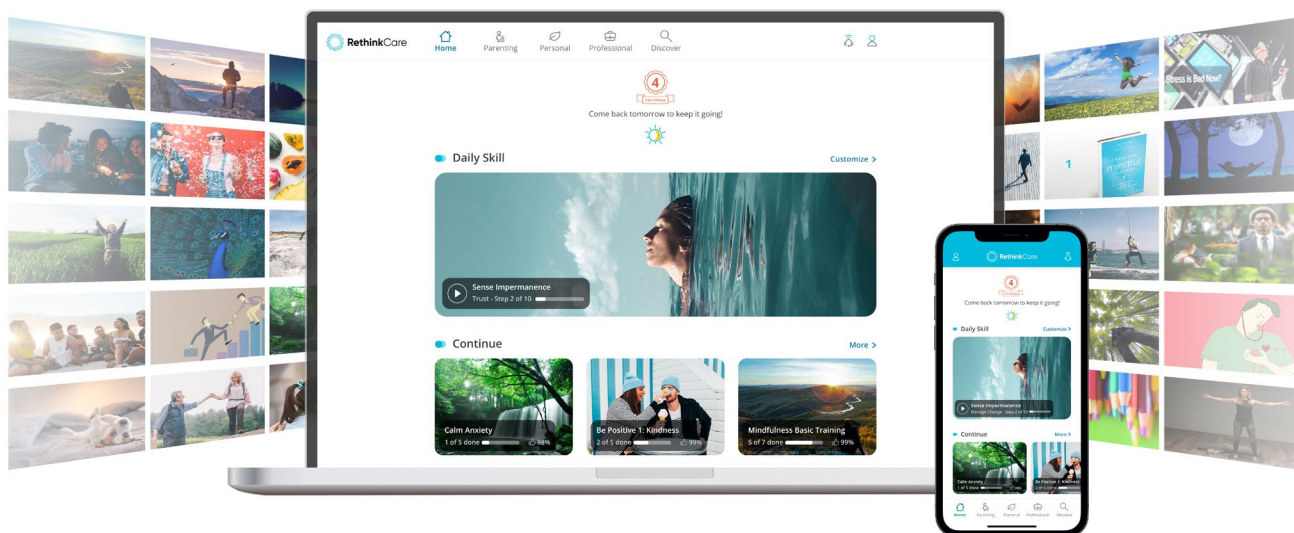


Welcome to RethinkCare!

We're so happy you're here!



RethinkCare is an employee benefit offered at no cost by your employer, that provides a robust digital training experience and on-demand clinical consulting to support you across your parenting, personal, and professional needs.

Through the RethinkCare platform, you and your family have access to hundreds of expert-led training courses focused on helping you thrive at home and at work.

Parental Success

Training collections and 1:1 consultations to help families manage modern challenges at home and at school for all children

Professional Resilience

Training collections to promote personal growth, build emotional intelligence, teamwork, and leadership skills for the future of work

Personal Wellbeing

Training collections to help improve your mental, emotional, and physical wellbeing to build resiliency and reduce stress and anxiety



It's free to enroll and only takes about 2 minutes.

Get started at: connect.rethinkcare.com/sponsor/bbc

Use code: **BBC** to enroll

Questions? Email support@rethinkcare.com

