

LET US HELP

Toll-Free: 1-877-313-4455

Website: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

Your Work/Life Access Code (to logon): <ASD>

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**Understanding your teen children**

Technology and social media have shaped the way that most teens learn and grow. We can help you learn more about connecting with your teenagers of today.

**The Teen Age**

The letters "eap" are below a radiating sun which contains a person with upraised arms

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**JULY 2024**