

LET US HELP

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

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ONLINE SEMINAR

Equip yourself with practical strategies to navigate unique challenges related to parenting teenage children. Build open communication to foster healthier connections with teenagers.

**Parenting Adolescents: Understanding Gen Z in Your Home**

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**JULY 2024**

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