



## Parenting Adolescents: Understanding Gen Z in Your Home

## **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.

## **LET US HELP**

**JULY 2024** 

Visit your home page starting July 16th

**TOLL FREE:** 800-633-3353

WEBSITE: www.mygroup.com > My Portal Login > Work-Life

**USERNAME:** organization specific

**PASSWORD:** organization specific

YOUR STUDENT ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL