

EMPLOYEE  
ASSISTANCE  
PROGRAM  
MAY 2017

Safe and supportive environments at home, school, or child care are crucial for a child's healthy development. Children who have healthy relationships with parents, teachers, and caregivers are more likely to thrive both emotionally and physically. Without them, children can experience stress just like adults, and that inhibits their ability to learn and threatens their self-esteem. Your Employee Assistance Program has information and resources to help raise your children in supportive environments.

# # HAPPINESS

Creating  
supportive  
environments  
for children

## ONLINE SEMINAR

### Raising Well-Adjusted Kids

Review the current research and science behind raising well-adjusted kids. Learn tips to foster positive mental health in the children and teens in your life.

### Available on demand starting May 16

To access Continuum's HelpNet, simply visit [www.4continuum.com](http://www.4continuum.com), complete the member login on the upper right-hand side of the page — then select HelpNet. From HelpNet's home page, scroll down to Online Seminars on the center of the page. Click on the webinar on or after May 16.

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family and personal life.