



(EAP) Employee Assistance Program

Presents: **Parenting HS Teens: "Don't go through it alone"**

Don't
go
Through
it

Parenting H.S. Teens: Alone

EAP Parents of High School Students Support Group

Parenting teens is challenging. Not only do teens need supportive peers and generous understanding, *parents need supportive peers and generous understanding, too.*

In this EAP interactive support group (*with cameras and microphones on*) for parents of high school students, parents will focus on their own well-being, combine their internal resources, and develop their collective parenting wisdom in a non-judgmental forum.

**This group is open to all Santa Clara County employees, but the group will be limited to 15.*

EAP • (408) 241-7772 • Counseling.EAP@hhs.sccgov.org

**Date: November 30
December 7 & 14**

Time: 4:30 PM to 6:00 PM

ZOOM Meeting:

Meeting ID: **940 8719 6107**

Passcode: **103890**

Dial in: +1 669- 900- 6833

****Space is limited.***