



## JUNE 2017 – NORMAL TEEN BEHAVIOR

Carolinas HealthCare System's Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the Normal Teen Behavior webinar include:

- Gaining insight into the latest research about the teen brain
- Differentiating between "normal" behaviors and those that are cause for concern
- Discovering tips for staying connected to your teen

For your convenience this webinar will be held on varying days and times during the month.

<u>Dates</u>	Times
June 6, 2017	9:00 – 10:00 am
June 14, 2017	Noon - 1:00 pm
June 22, 2017	1:00 - 2:00 pm

Advance registration is required. Please call: 704-355-5021 for reservations.

Carolinas HealthCare System's Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact Carolinas HealthCare System Employee's Assistance Program at 704-355-5021 or 800-384-1097.

