



Things We Wish Grown Ups Knew...

Our **Employee Assistance Program** is proud to present a *free* 4-part webinar series that highlights current trends impacting both academic and home-life for school-aged children. Each webinar will be informative and include helpful 'how-to' tips and tricks. We will include information on how our Assistance Programs can support you and your family.

Please Note: These webinars is being offered during family-friendly hours. All presentations will be on **Tuesdays**, offered at both **12:00pm – 12:30pm** and **6:30pm – 7:00pm**. You can register for single presentations **OR** the entire series!

Let Me Do It By Myself. I Need Help!

1/28/2025 12pm & 6:30pm

Presented by She'Leah Fisher, MS, NCC, LPC

Description: This presentation will focus on the developmental stages of children. Knowing these stages can help families understand when to allow age-appropriate independence and when to offer support.

My Phone is My Life. It's Driving Me Crazy!

2/25/2025 12pm & 6:30pm

Co-Presented by Evoanna Vargas, MSW, LCSW
& She'Leah Fisher, MS, NCC, LPC

Description: This presentation will focus on fostering strong family relationships through communication, consistency, and compromise in a digital world.

I Need Sleep. There is No Time!

3/25/2025 12pm & 6:30pm

Presented by Lynn O'Brien, LCSW, LMFT

Description: Research shows that a good night's sleep is vital for maintaining the health and wellbeing of children. This presentation will focus on these health benefits and offer tips for parents to help ensure that their children are getting enough sleep.

Life is Hard.

But I Can Do Hard Things!

4/22/2025 12pm & 6:30pm

Presented by Lynn O'Brien, LCSW, LMFT

Description: This presentation will focus on the importance of helping children develop resilience in the face of a fast-changing world. In addition, parents will learn tips for helping their children manage stress and deal with intense emotions in a healthy way.

**To register, click on any of the above times OR
email EAP.LiveWellBeWell@aah.org**

**If you have questions or to access EAP services,
call 800.236.3231.**