



24/7 Counseling Support: [800-413-8008 #2](tel:800-413-8008)

Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.

# 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.

A photograph of a man and a young man sitting on a large rock by a body of water at sunset. The man is wearing a red and white checkered shirt and has his arm around the young man's shoulder. The young man is wearing a light-colored checkered shirt. The background shows a calm lake and trees under a warm, golden sky.

**JULY 2024**

To access the online seminar, visit your home page starting July 16<sup>th</sup>.

- Click this link: <https://helpwhereyouare.com/CompanyLogin/1515/mercy>
- Enter the username and password as shown below:

**USERNAME: MSU**

**PASSWORD: MSU**

- Scroll down and click on "Online Seminars"

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**  
**YOUR EMPLOYEE SUPPORT PROGRAM**