**EAPondering – What Our Adolescents Need**

A message from your Employee Assistance Program

For most parents the challenges faced while striving to remain both effective and loving throughout their children’s’ teen years can be among the most difficult and trying of all.

Sue Shellengarger shares very helpful insight in a recent article, “What Teens Need Most From Their Parents”, published on-line by the *Wall Street Journal*. Follow, or copy and paste the link:

<https://urldefense.proofpoint.com/v2/url?u=http-3A__www.wsj.com_articles_what-2Dteens-2Dneed-2Dmost-2Dfrom-2Dtheir-2Dparents-2D1470765906&d=CwIFAg&c=EZxp_D7cDnouwj5YEFHgXuSKoUq2zVQZ_7Fw9yfotck&r=AIMszgUgc_YYsitrMsMaPw&m=rpFdcLVoWNp1SjcBeCy4sKnThKo6zlmDExbceFiOHdY&s=IGJ5YsSVxoUKWCxPUdvp__NHggspf_89ChCL0Cr-euM&e=>

If you would like help with parenting issues, or to talk about any other concern, the UConn Health EAP provides confidential, free, professional consultation and brief counseling for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call today for a private, no-hassle appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)