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.*

**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.*

EAP Parents of High School Students Support Group

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