



**EMPLOYEE
SUPPORT
PROGRAM
MAY 2017**

Safe and supportive environments at home, school, or child care are crucial for a child's healthy development. Children who have healthy relationships with parents, teachers, and caregivers are more likely to thrive both emotionally and physically. Without them, children can experience stress just like adults, and that inhibits their ability to learn and threatens their self-esteem.

Your Employee Support Program has information and resources to help raise your children in supportive environments.

- Articles and tip sheets on cyberbullying, homework, and children and stress
- Information on how to pick a quality caregiver
- Referrals to schools, camps, and after-school activities
- Recorded online seminar on self-care for older children

PHONE: 651-642-0182

TOLL-FREE: 800-634-7710

WEBSITE: www.team-mn.com



HAPPINESS

Creating
supportive
environments
for children

Available anytime, any day, TEAM's Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.