



AGES

The new developmental milestones

Is it time to let my child have a cell phone? Take care of herself after school? Have his own Instagram account? Parents today have more to worry about than when to get a child their first bike or have their first sleepover. Your Employee Assistance Program is there 24/7 with information and resources to help you decide when your child is ready to take the next step.

ONLINE SEMINAR

Technology and Keeping Your Kids Safe

The seminar touches on the risks facing children online. You'll learn helpful tips, from where to locate the computer in the home to available parental computer monitoring programs.

Visit your home page starting Aug. 21st:

www.allonehealthcap.com

USERNAME: **healthtrust**

PASSWORD: **member**

TOLL-FREE: **800-759-8122**

LifeResources

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