

N. C. Employee Assistance Program

August 2018



AGES

The new developmental milestones

Parents must decide when their child is ready for things like cell phones and Facebook or whether they are mature enough to stay home alone.

Your N.C. Employee Assistance Program can help with:

- Articles on digital grounding, cyberbullying and online socializing
- Audio on keeping kids safe
- Legal information on kids and credit
- Home Safety Checklist for Families

CALL OR VISIT US ONLINE

TOLL-FREE: 888-298-3907

www.mygroup.com

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