

# RAISING RESILIENCY:

## Instilling Mindfulness in Adolescents



Learn how to support and raise  
**A MINDFULLY  
RESILIENT CHILD**  
with recommendations from your  
Employee Assistance Program (EAP).



24 HOURS A DAY

**(800) 222-0364**

**EAP**

**PSC** |  Federal  
Occupational  
Health  
U.S. Department of Health and Human Services

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The EAP is a voluntary and confidential employee benefit available to eligible federal employees at no cost.