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# Navigate back-to- school stress

Heading back to school can be both exciting and stressful for your kids – and you. Look to your Employee Assistance Program (EAP) benefit for help.

To learn more about the resources available and to find support, contact us today.

800-432-5155  
[bcbsmn3.mybeaconwellbeing.com](https://bcbsmn3.mybeaconwellbeing.com)