



HEALTHY FAMILY
RELATIONSHIPS

Talk & Play Your Way to a Healthy Family

FOH FEDERAL OCCUPATIONAL HEALTH
U.S. Department of Health and Human Services

Employee Assistance Program

We Care, Just Call

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

Every family is different, yet one theme is universal: healthy families make time to talk, plan, play, laugh and work together.

Strong families don't just happen, they are built lovingly over time. Contact your program to find out more about developing healthy relationships among family members—at any age or any stage.