



**Creating positive interactions**

Learn to manage conflict and maintain positive interactions with your coworkers.

Your Employee Assistance Program can help with:

* Articles on conflict resolution, anger management, and bullies
* Audio on listening tips
* Skill builder trainings on Effective Communication and Conflict Resolution
* Information about mediation

**CALL OR VISIT US ONLINE**

TOLL-FREE: **800-633-3353**

**www.mygroup.com**

USERNAME: **organization specific**

PASSWORD: **guest**

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

EMPLOYEE **Assistance**

PROGRAM

**APR. 2018**