

**Communicating with Kids**

**WHATEVER YOU NEED, WE ARE HERE TO HELP.***Just call or log on to get started.*

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

**WEBSITE:** [**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

**USERNAME: Organization specific**

**PASSWORD: guest**

**Create productive discussions at home**

Our toughest conversations can happen with our closest loved ones: our children. Whether it's initiating a tough talk or simply reinforcing good manners, a discussion with children presents unique challenges.

We offer strategies to foster healthy family communication,   
and we can even connect you with local workshops and activities to do with your children. Contact us to learn more.

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

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

**APRIL 2020**

