

LET US HELP

TOLL-FREE: 800-633-3353

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

USERNAME: membership specific

PASSWORD: password

**YOUR MEMBER**

**ASSISTANCE PROGRAM**

**AUGUST 2021**

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Caring for Kids

Nurture confidence and   
self-esteem

Learn to build self-esteem in your kids, their reactions to different situations, and how you can help them succeed and grow. We can help.

Always Available | Free | Confidential