

The first step to getting your needs met is being able to   
verbalize them. Learn strategies to ask for what you need   
from your partner, your family, or your workplace.

Your Employee Assistance Program can help with:

* Articles on communication, relationships,   
  and workplace success
* Audio on assertiveness
* Skill builder training on Effective Communication
* Information on goal setting

**CALL OR VISIT US ONLINE**

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

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

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

**DEC. 2018**