

When you don’t communicate your needs it can lead to frustration and feelings of resentment. Whether it’s a promotion you deserve or more support from your partner with household duties, your Employee Assistance Program is available anytime, any day, to help you ask for what you need.

**ONLINE SEMINAR**

Say What You Mean the Right Way:   
Healthy Forms of Communication

There are many ways to communicate how you feel   
to the people in your life. Explore how you can use   
communication to strengthen your relationships.

**Visit your home page starting Dec. 18th:**

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

USERNAME: **organization specific**

PASSWORD: **guest**

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

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**

