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

**Creating Stronger Relationships**



TOLL-FREE:

**800-633-3353**

WEBSITE:

**www.mygroup.com**

USERNAME:

**Organization specific**

PASSWORD:

**guest**

**How to nurture your closest connections**

As social creatures, we’re impacted deeply by our ties to others. Close relationships can provide comfort, while challenging relationships can create stress. To help you improve your relationships, let your Employee Assistance Program provide:

 - **Communication strategies:** Our experts offer communication and conflict resolution advice, whether you prefer coaching over the phone, in person, or online.

 - **Financial information:** If money is a relationship stressor, let our professionals provide guidance to help you create a plan that works.

 - **Research and referral services:** Daily demands can rob us of time with loved ones. We offer personalized referrals to service providers, from photographers to plumbers, returning some of that time to you.

**YOUR** EMPLOYEE **ASSISTANCE** PROGRAM

December

***Just call or log on to get started.***

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**