

Your Student Assistance Program is there 24/7 with
information and resources to help you work better, together.

**Visit your home page starting December 15th**

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

**WEBSITE: mygroup.com > My Portal Login > Work-Life**

**USERNAME: college specific**

**PASSWORD: guest**

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

**Know Your Strengths**

**ONLINE SEMINAR**

Do you know your top strengths? Being confident in knowing what you are good at helps you approach situations with a strengths mindset, enabling you to respond more creatively
to challenges.

**DECEMBER 2020**

