

**Visit your home page starting February 18th**

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

**WEBSITE:** [**www.mygroup.com**](http://www.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.*

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

**ONLINE SEMINAR**

This session focuses on the professional or workplace items that could be causing you stress, providing you with information and strategies to address and manage these stressors effectively.

**Managing Workplace Stressors**



**FEBRUARY 2020**