

LET US HELP

TOLL-FREE: 800-633-3353

WEBSITE: [www.mygroup.com](http://www.mygroup.com) >

My Portal Login > Work-Life

USERNAME: organization specific

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Always Available | Free | Confidential

Honoring Grief and Loss

Learning how to say goodbye

Experiencing loss can be difficult no matter the circumstance. We can help you cope and provide strategies to grieve in a healthy way.



FEBRUARY 2022

YOUR STUDENT ASSISTANCE PROGRAM