

FEBRUARY 2022

Navigating Through Grief and Loss

ONLINE SEMINAR

Learning coping skills for grief

Discover ways to say goodbye and healthy steps to manage the five stages of grief.

Logo, company name

Description automatically generated

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Visit your home page starting February 17th

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

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

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