

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

**Visit your home page starting July 21st**

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

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

**USERNAME: organization specific**

**PASSWORD: guest**

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

**ONLINE SEMINAR**

Seeking new opportunities and expanding the mind is a powerful contributor to our mental health. This empowering session will help participants to discover the possibility and promise of seeking and exploring new horizons.

**Explore New Horizons and Expand the Mind**



**JULY 2020**