

Reframing Your Way Through 2022

ONLINE SEMINAR

Starting the year in the right mindset

Learn practical steps to use positive reframing strategies to guide your way through 2022.

LET US HELP

Visit your home page starting January 18th

WEBSITE: www.mygroup.com >

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

Always Available | Free | Confidential

JANUARY 2022

YOUR EMPLOYEE ASSISTANCE PROGRAM

