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Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.



**Troubled by your to-do list? We’ll help.**

Each day you’re challenged with balancing priorities from colleagues, family, and friends. To help you manage it all, make use of the free assistance available from your Employee Assistance Program:

**- Errand outsourcing:** Take advantage of personalized referrals to service providers for child care, home repair, car maintenance, and more. Request information on any topic that matters to you and your family.

**- Expert support:** Learn to prioritize your workload and become more satisfied with both home and work life by speaking with a professional counselor in person, over the phone, or online.

Reach out to us today, and let us help you manage the pressures you face.

**Under Pressure**

TOLL-FREE:

**800-633-3353**

WEBSITE:

**www.mygroup.com**

USERNAME:

**Organization specific**

PASSWORD:

**guest**

**YOUR** EMPLOYEE **ASSISTANCE** PROGRAM

July

***Just call or log on to get started.***

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**