

**Healthy Disagreement**

**You may need more conflict, not less**

*Conflict* isn't a bad word. When we approach conflict as
"us versus an issue" and not "me versus you," conflict becomes meaningful, creating better decisions and stronger relationships.

To improve your conflict resolution skills, contact our experts.
We offer strategies for productive conflict, and can connect you to mediation services and communication courses to create a healthy conflict style. Learn more today.

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

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

**WEBSITE:** [**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

**USERNAME: organization specific**

**PASSWORD: guest**

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

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

**JUNE 2020**

