

**Visit your home page starting June 16th**

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

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

**USERNAME: membership specific**

**PASSWORD: guest**

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

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

**ONLINE SEMINAR**

Have you ever been misunderstood? In this session, we will identify barriers to clear communication as well as discuss how to apply tips for effective communication and dealing with difficult conflict.

**Say What You Mean   
the Right Way**



**JUNE 2020**