

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

**Visit your home page starting March 17th**

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

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

**USERNAME: Member specific**

**PASSWORD: guest**

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

**ONLINE SEMINAR**

Professional growth and success don’t just happen by chance. In this session, we will discuss the four stages of professional careers and provide you with tools to develop a self-assessment plan that can lead to your career growth.

**Planning for Professional Growth**



**MARCH 2020**