

**SKILLS OF ADULTHOOD**

**BASIC**

Get a handle on basic life skills to be self-reliant   
and prepared for anything.

Your Employee Assistance Program can help with:

* Articles on living alone, home maintenance,   
  personal savings, and more
* Home safety checklist
* Legal information on buying a car or home
* FAQs on self-care and more

**CALL OR VISIT US ONLINE**

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

**www.mygroup.com**

USERNAME: **company specific**

PASSWORD: **guest**

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



EMPLOYEE **Assistance** PROGRAM

**MAY 2018**