­

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

Being a caregiver – for a child or aging parent – takes time, resources, and energy. While caregiving is an important role, you can only be your best when you support your own wellbeing. Let your Employee Assistance Program help by providing:

 - **Transitional support:** Aging-life care specialists help families as they transition a loved one into elder care, and parental coaches support employees as they return to work after parental leave.

 - **Emotional support:** Professional counselors can help you cope with anxiety, improve your health, and increase stress resiliency.

**You care for others. Let us care for you.**

**Caregiver Support**



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

November

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

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**