



Emotional Wellness-Building Better Mental Health



October

Visit your home page starting
October 15th:

TOLL-FREE:
800-633-3353

WEBSITE:
www.mygroup.com > My Portal
Login > Work-Life

USERNAME:
Organization Specific

PASSWORD:
guest

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

ONLINE SEMINAR

In a fast paced and high-pressure world, it is essential that we are armed with the self-awareness and personal strategies to enjoy a life of positive emotional wellness and optimal mental health.

The aim of this session is to provide participants with the insight and knowledge to make changes to their habits and lifestyle choices to enhance their wellbeing.

Your Employee Assistance Program is available 24/7 to help you learn coping strategies for dealing with adversity in a constructive way and develop structured mechanisms for building better mental health.