

**Visit your home page starting October 20th**

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

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

**USERNAME: College specific**

**PASSWORD: guest**

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

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

**The Mental
Strength Workout**

**ONLINE SEMINAR**

Our mind is our most powerful tool that we have during times of adversity. You can learn skills and strategies to exercise the power of your mind and increase your mental fortitude.

**OCTOBER 2020**

