

**Visit your home page starting September 15th**

**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 Secret to   
Work-Life Balance**

**SEPTEMBER 2020**

**ONLINE SEMINAR**

In our busy and fast paced lives, it can be difficult to effectively meet the demands of our work without compromising our personal lives. This insightful session will uncover the secret to securing a healthy work-life balance.

