



OCTOBER 2024

## LET US HELP

**TOLL-FREE:** 800.633.3353

**WEBSITE:** [mygroup.com](https://mygroup.com) > Current Participants > Resources > Work-Life Services

**USERNAME:** organization specific

**PASSWORD:** organization specific

**YOUR MEMBER ASSISTANCE PROGRAM**

# Aging Parents and You

Renew connections with aging parents.

Learn about the challenges of this phase of life and know how you can best support your elderly parents. Explore new opportunities to refresh your connections.

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**