

## YOUR FIRST RESPONDER ASSISTANCE PROGRAM

# *Make the holidays shine bright— your help for a stress-free holiday season*

The holiday season is a time for celebrations, gift giving, and reconnecting with family and friends. But the season can also bring with it added stress due to high expectations to have that perfect holiday. Your First Responder Assistance Program can help you make the holidays your own.

- Articles on holiday planning, healthy holiday eating, and holiday safety
- Tools for stress management and relaxation
- Help with finding gifts, party essentials, and making holiday travel plans
- 24/7/365 program access

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



TOLL-FREE: **800.633.3353**

WEBSITE: **mygroup.com** > Current Participants

> Resources > Access Work-Life Services

USERNAME: **organization-specific**

PASSWORD: **organization-specific**