



# Tools for Everyday Living

## Your figurative toolkit for life

Gain knowledge on tools and skills essential for daily living. We can help you learn about new tools to add to your toolbox of life, reach out today.

**DECEMBER 2024**

## LET US HELP

**TOLL-FREE:** 800.633.3353

**WEBSITE:** [mygroup.com](http://mygroup.com) > Current Participants > Resources >

Access Work-Life Services

**USERNAME:** organization specific

**PASSWORD:** organization specific

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**