



DECEMBER 2024

## LET US HELP

**TOLL-FREE:** 800.633.3353

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

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**YOUR MEMBER ASSISTANCE PROGRAM**

# 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.

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**