



**NOVEMBER 2024**

## **LET US HELP**

Visit your home page starting **November 19<sup>th</sup>**

**TOLL-FREE:** 800.633.3353

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

**USERNAME:** organization-specific

**PASSWORD:** organization-specific

**YOUR STUDENT ASSISTANCE PROGRAM**

# **Laughter Helps**

## **ONLINE SEMINAR**

Laughter is a universal language that transcends boundaries and connects people on a profound level. Learn about the power of humor in life.

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**