

JANUARY 2025

# Let Your Good Shine Through

Take some time to reflect on what makes you, *you*. Think about what makes you unique. We can support you as you learn to boost your self-esteem and overall happiness.

## LET US HELP

**TOLL-FREE:** 800.633.3353

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

**USERNAME:** organization-specific

**PASSWORD:** organization-specific

YOUR FIRST RESPONDER ASSISTANCE PROGRAM ALWAYS AVAILABLE | FREE | CONFIDENTIAL

