MYgroup

Stepping Forward With Goals

By breaking goals into smaller, manageable steps, they may be easier to achieve. If you want to make a change, think about a step-by-step plan and celebrate your small wins along the way.

LET US HELP

TOLL-FREE: 800.633.3353

WEBSITE: mygroup.com > Current Participants > Resources > Access Student-Life Services

USERNAME: organization-specific

PASSWORD: organization-specific

YOUR STUDENT ASSISTANCE PROGRAM   ALWAYS AVAILABLE | FREE | CONFIDENTIAL