

JANUARY 2025

Shine Your Light: Finding Your Inner Glow

ONLINE SEMINAR

Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.

LET US HELP

Visit your home page starting January 21st

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

USERNAME: organization-specific

PASSWORD: organization-specific

YOUR FIRST RESPONDER ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

