

FEBRUARY 2025

Stride Forward

ONLINE SEMINAR

Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.

LET US HELP

Visit your home page starting February 18th

TOLL-FREE: 800.633.3353

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

USERNAME: organization-specific

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YOUR MEMBER ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL