

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

**USERNAME:** school-specific

**PASSWORD:** school-specific



YOUR STUDENT ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL