

# COVID-19 Wellness Calendar



## February 2021

| MON                   | TUE | WED | THU | FRI | SAT | SUN |
|-----------------------|-----|-----|-----|-----|-----|-----|
| 1                     | 2   | 3   | 4   | 5   | 6   | 7   |
| Healthy Relationships |     |     |     |     |     |     |
| 8                     | 9   | 10  | 11  | 12  | 13  | 14  |
| Healthy Relationships |     |     |     |     |     |     |
| 15                    | 16  | 17  | 18  | 19  | 20  | 21  |
| Healthy Relationships |     |     |     |     |     |     |
| 22                    | 23  | 24  | 25  | 26  | 27  | 28  |
| Healthy Relationships |     |     |     |     |     |     |

### Healthy Relationships

For this month's theme, we have provided you with a short TED Talk called "The difference between healthy and unhealthy love" by Katie Hood. In a talk about understanding and practicing the art of healthy relationships, Katie reveals the five signs you might be in an unhealthy relationship with a romantic partner, a friend or a family member, and shares the things you can do every day to love with respect, kindness and joy. You can access the video here:

- [The Difference Between Healthy and Unhealthy Love](#)

In addition to the video, we also have the following resources available for you:

- [How to make \(and keep\) friends as an adult](#)
- [5 Tips for building relationships at work](#)
- [Couples, conflict and COVID-19](#)
- [Talking with teens about healthy relationships](#)
- [What to do if someone you know is being abused](#)
- [Separation and divorce](#)

\*Some content included in this theme, including the TED Talk video, was developed prior to the Covid-19 pandemic. Please remember to always follow provincial and state health protocols and guidelines.

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

### Workplace Options EFAP

(Canada)

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>  
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

### AlternativesEAP

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play

### Contact your Regional HR Partner for more support.

Black & McDonald has launched a **new COVID-19 website**, <https://blackandmcdonaldhealth.com> for our employees.

Please visit the website for up-to-date information on COVID-19, all staff messages from our CEOs, and variety of resources to support the health and wellbeing of our employees.

Learn more about this theme [here](#).

**Quarantine and self-isolation can add extra challenges for those in an abusive relationship. If you are in immediate danger, call 911.**

If you're in an abusive relationship and need help during this difficult time, these resources can help:

- [Resources for Canadians](#)
- [Resources for Americans](#)