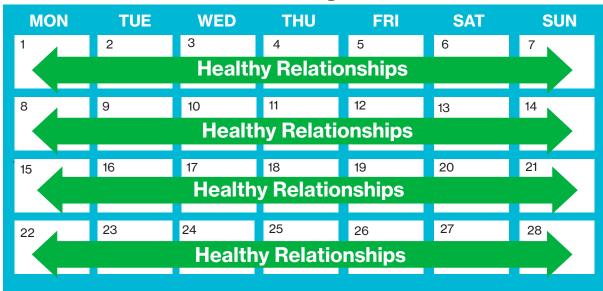
COVID-19 Wellness Calendar



February 2021



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
- 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
- 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.

Lean 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