

# COVID-19 Wellness Calendar



## July 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
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← Retirement Readiness →						
5	6	7	8	9	10	11
← Retirement Readiness →						
12	13	14	15	16	17	18
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← Retirement Readiness →						

### Retirement Readiness

This month we'll provide you with resources to help you learn more about retirement and how you can plan, whether you're just starting out or approaching your retirement date.

We encourage you to talk to a Financial Advisor to better understand how much you will need to save for retirement. You can find tips on choosing a financial advisor [here](#).

Check out more resources below:

- Complete the Government of Canada's [Retirement and Pensions Financial Toolkit Module](#)
- There are many retirement savings calculators available to give an estimate on how much you should save for retirement. Ask your financial advisor or you can find one example [here](#).
- [Save for Retirement or Clear Your Debt?](#)
- More than Money –[Making a Positive Mental Transition to Retirement](#)

If you are experiencing financial stress, the EFAP offers free and confidential assistance.

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

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

### 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](#).