

COVID-19 Wellness Calendar



June 2020

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
← Maintaining Composure Amidst a Pandemic →						
8	9	10	11	12	13	14
← Maintaining Composure Amidst a Pandemic →						
15	16	17	18	19	20	21
← Financial Management →						
22	23	24	25	26	27	28
← Financial Management →						
29	30					
← Resilience →						

June 1 to 14 - Maintaining Composure Amidst a Pandemic

To kick off the theme for the next two weeks we have provided you with an on demand webinar from Workplace Options. You can access this webinar at any time via the link below:

- [On demand webinar – Keep Calm and Carry On – Maintaining Your Composure During the Coronavirus Outbreak](#)

In addition to the webinar we also have the follow resources available to you:

- [Managing Stress and Anxiety](#)
- [Understanding and Practicing Mindfulness](#)
- [Tips on Self-Care](#)
- [Coronavirus Anxiety Workbook](#)
- [Workplace Options – Computerized Cognitive Behavioral Therapy](#)

Learn more about Maintaining Composure Amidst a Pandemic [here](#).

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: BMWWeCare
- 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**, <http://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.