

# 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 15 to 28 - Financial Management

To kick off the theme for the next two weeks we have provided you with a live webinar, Successful Money Management on **Monday, June 15 at 1:00 PM EDT**. This session will guide you through the process of tracking your spending so that you understand how you currently spend money. You'll examine your obstacles to reaching your financial goals as you learn how to manage your debt and develop a personal strategy for taking control of your finances. This is a Workplace Options session for anyone to attend in Canada or the U.S. Please note that you will need to register. The session will be recorded and will be made available for those unable to attend. Register via the link below:

- <https://register.gotowebinar.com/register/8249871445531822096>

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

- [How to manage your personal finances during the COVID-19 crisis](#)
- [How Taking Care of Your Finances Can Reduce Your Stress Level](#)
- [Your Financial Toolkit](#)
- [Budgeting While Unemployed](#)
- [How to spot phishing scams arising from COVID-19](#)
- [Your Pandemic Financial Survival Kit What To Do, What To Avoid, And Handling Change](#)

Learn more about Financial Management [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](mailto: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](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**, <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.