

COVID-19 Wellness Calendar



June 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
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Supportive Social Networks

For this month's theme, we are providing information on the benefits of a strong social support network, how to maintain the relationship with those that you are close to during difficult times, and resources to help build your network.

We encourage you to check out the TED Talk [Frientimacy: The 3 Requirements of All Healthy Friendships](#) by Shasta Nelson.

In addition, the following resources are available to you:

- [Why Good Friends are Important](#)
- [Social Support](#)
- [Rebuilding Social Connections \(After the Pandemic Ends\)](#)
- [Why You Should Take Your Vacation Days](#)

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.

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