



Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

## Mental Well-being

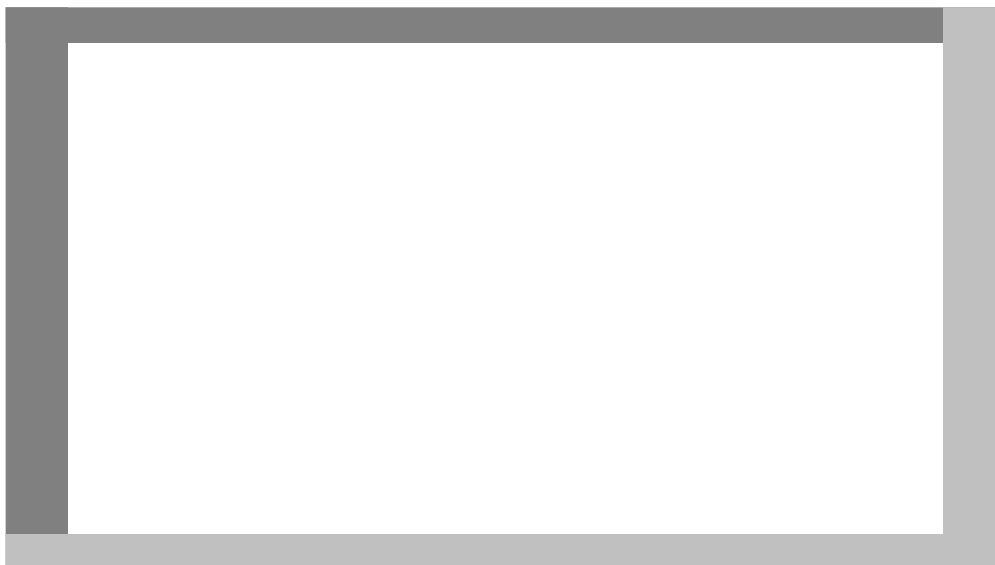


To help you take care of your mental, physical, social and financial well-being during this difficult time, we're launching weekly Well-being Wednesday Facebook Live sessions. Each week, we'll focus on a different type of well-being - mental, physical, social and financial – with sessions led by experts in their field. Covering topics like resiliency, coping, social technology, saving and spending tips and home workouts, you won't want to miss a week. [Follow the LifeWorks Facebook page to get notified when we go live!](#)

### Mental Well-being Wednesday #4

Aired live on June 24th, 2020 at 11am EST.

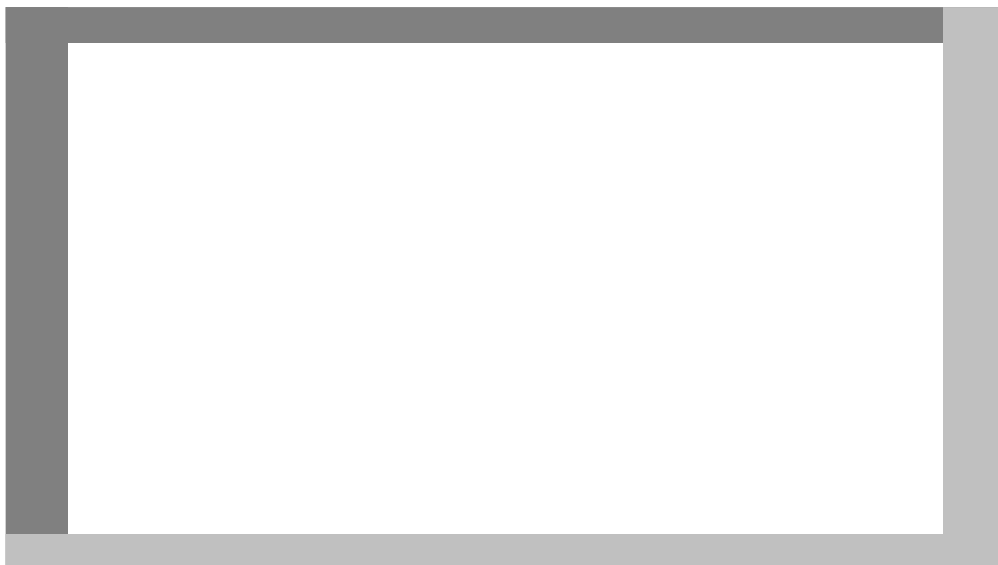
Recorded version available below



### Mental Well-being Wednesday #3

Aired live on June 3rd, 2020 at 11am EST.

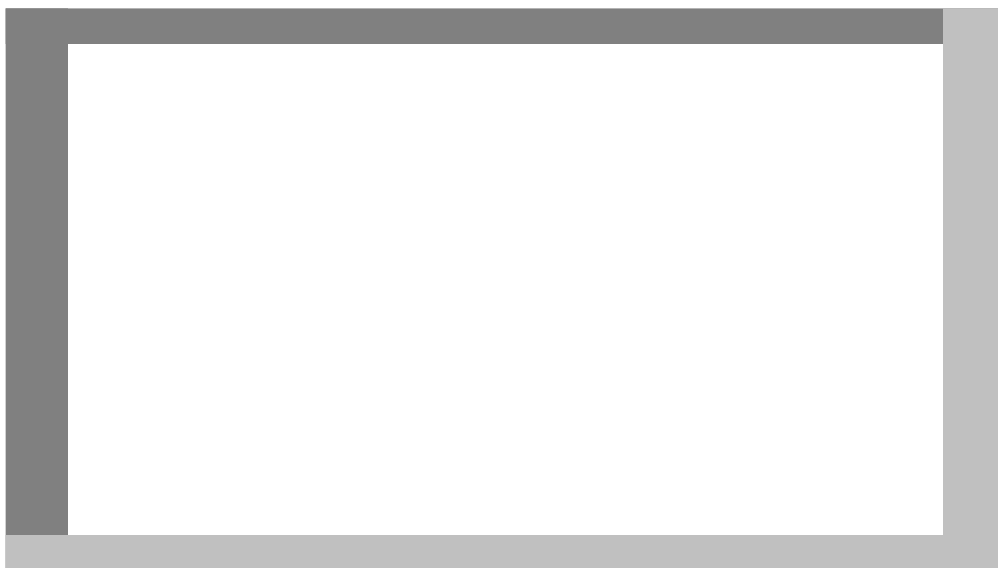
Recorded version available below



### **Mental Well-being Wednesday #2**

Aired live on May 6<sup>th</sup>, 2020 at 11am EST.

Recorded version available below



### **Mental Well-being Wednesday #1 – Here & Now: A coping strategy**

Aired live on April 8<sup>th</sup>, 2020 at 11am EST.

Recorded version available below

© 2026 Morneau Shepell Ltd. Your program may not include all services described on this website, please refer to your benefit material for more information. For immediate assistance, call 1.844.880.9137.

