



Keeping a finger on the pulse of your total wellbeing.

Making the world a better place.

In the fast-paced, interconnected world we live in today, it's easy to get caught up in the negative news cycle. But what if we took a step back, slowed down, and focused on making our corner of the world a better place?



Supporting the LGBTQIA+ community: Tips for being an ally.

Even if you don't identify as someone within the LGBTQIA+* community, you can always support coworkers, loved ones, and the community by becoming an ally. Here's how to get started.

Read more

Exclusive for registered users.



uncertainty.

Coping in times of political

Log in to access



How to reduce your eco-anxiety.

Eco-anxiety is the stress caused by fears about climate change, plastic waste, animal extinction, and related issues, producing feelings of helplessness and guilt. Learn practical tips that can help reduce the impact of this stress.

Read more

Top pick of the month.



Quick tips for dealing with worry.

Log in to access

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support the safety and wellbeing of you and your family, like TELUS SmartHome, Senior Sunrise Living, The Body Shop and many more.

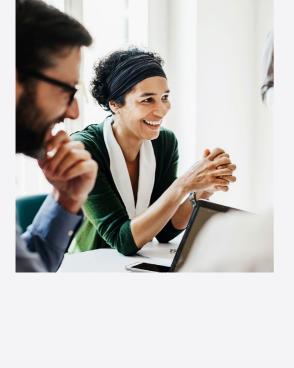


benefits or speak to your Human Resources contact.





Your organization's program may not include Perks. If unable to access, review your workplace



support by app, web, and phone.

In recognition of Pride Month, join us on June 8 at 1 pm EDT for Coming Out to Support LGBTQIA+

More to explore this month.

- Communities at Work, a virtual and interactive chat with Dr. Amanda Dale, international human rights scholar and activist, and Michel J. Arsenault to discuss how to better support the LGBTQIA+ community in the workplace. This free webinar is part of our Workplace Learning series. Register now. packed with information and advice to lead you toward a
- Check out our Wellbeing and Personal Development Videos healthier mind, body and lifestyle.
- Visit our <u>CareNow Programs</u>, a collection of comprehensive iCBT-based, virtual self-paced programs to help address wellbeing concerns. CareNow Counsellor-Assisted has the same flexibility but layers in the option to message a CareNow Counsellor for additional support. Access these

services within the Feel Supported section of the platform.

Your organization's program may not include all services and features. To learn more, please log in with

your account and review your workplace benefits. Or speak to your Human Resources contact.

We support your total wellbeing. We're here 24/7 for confidential advice and