



As a Premium or Ultimate member of the Canadian Golf Superintendents Association, you have access to HumanaCare's Member Assistance Program providing free, confidential support and counselling for individuals and their families experiencing work-life challenges.

HumanaCare acknowledges and understands the additional stress, anxiety and insecurity everyone is feeling due to these uncertain times caused by the COVID-19 pandemic.

If you are feeling the stress and concerned about COVID -19, HumanaCare is here to help. They are available 24 hours a day, 7 days a week by calling 1-800-661-8193 or visiting: <http://humanacare.com/service-request> and filling in a service request.

HumanaCare has the ability to provide telephonic or video counselling services in place of face to face counselling in our offices across the country. As you are aware, social distancing is a key method to limit the spread of COVID-19. In order to alleviate any possible health risks, we will continue to offer our members telephonic and video sessions to help do our part to slow the spread of the virus.

HumanaCare has created a webinar to help guide people on how to navigate feelings of stress and anxiety during this uncertain time. To access this webinar, please click this link:<https://attendee.gotowebinar.com/register/4808011921685934605>

They have many recorded webinars on their portal that are available at any time. This is great resource for anyone looking to fill time and take a break from the media to focus on something else. Please check out their portal by clicking here: <http://humanacare.myworklifeportal.com/Webinars.html>

For a listing of the monthly Webinar Guide, please click [here](#).