



As an 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.

At HumanaCare, our phones are answered **24/7** and in the moment support is available for anyone needing immediate assistance we can help.

You can reach out for support by calling 1-800-661-8193.

NEWSLETTERS

For a copy of the October Newsletter (Managing the challenges of caregiving), please click [here](#)

2022 WEBINAR TOPIC PREVIEW

For a copy of the 2022 webinar topic preview up to December, please click [here](#)

• STRESS AND ADDICTION OF NEWS CONSUMPTION

HumanaCare's EFAP Webinar Series: Webinar #11

We have been bombarded, over many months, with on-the-spot news accounts of difficult events–this has had a more impactful influence on many of us than we may realize. We will discuss prudent ways to digest news, and ways to subdue the long-term effects.

November 9, 2022 @ 1:30 PM EST

To register, please click [here](#):

Now more than ever, mental health matters and every action counts. If you or a family member are struggling, help is available. [Click here for some helpful tips:](#)