



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.

HUMANACARE – CGSA INFORMATION

In our continued support of mental health in the workplace, we are reaching out to remind you of the resources and benefits that are available to you through our EFAP through HumanaCare. We highly encourage you to review the benefits, resources and support options available to you and/or your family members in case anyone may be experiencing any personal planning and/or life challenges. Reach out to HumanaCares's experts whenever you need

For more information on what HumanaCare offers, please click [here](#)
For Information on the Member & Family Assistance Program, please click [here](#)

2023 CALENDAR

For a copy of the upcoming 2023 Calendar, please click [here](#)

NEWSLETTERS

For a copy of the January Newsletter (Boundaries: Saying "no" is really saying yes to you), please **click** [here](#)

2023 WEBINAR TOPIC PREVIEW

For a Copy of the 2023 Webinar Topic Preview up to December, Please Click [HERE](#)

UPCOMING WEBINARS:

- **"ASK AN EXPERT" - PERSONAL PLANNING**

New "Ask an Expert" Series - Personal Planning from budgeting, to creating a will, to getting better sleep and figuring out where to go to find an elderly care home - being in charge of household matters is never as simple as we'd hope it would be. Join HumanaCare (a CloudMD brand) this month to learn more about a wide-range of personal planning and life challenges as we kick off the new year.

JANUARY 11, 2023 @ 12:00 - 12:30 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:](#)