



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.

### **2022 Newsletter**

*For a copy of the January 2022 Newsletter, please click [here](#)*

*For a copy of the 2022 Newsletter, please click [here](#)*

### **2022 Webinar Topic Preview**

*For a copy of the 2022 Webinar Topic Preview, please click [here](#)*

Upcoming Webinar in February:

- **The Dynamics of Healthy Relationships**  
**February 9, 2022 @ 1:30 PM EST**

**[To register, please click here!](#)**

### **Helpful Tips**

#### **Now more than ever, every action counts**

Canadians are continuing to feel the impact of the pandemic on their mental health. 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:](#)