



We've adapted to the challenges caused by this pandemic with virtual services to help you improve your physical, financial, mental and social wellbeing.

Check out our online fitness classes, participate in career development and healthy lifestyle webinars, contact one of our virtual financial & insurance advisors, or visit [cafconnection.ca](http://cafconnection.ca) to learn more.

Here's our line-up for this week:



Get moving with PSP's **virtual fitness schedule**. Enjoy countless hours of fitness classes from the comfort of your own home.

Register for this week's Health Promotion webinars including **Nutrition & Mental**

---

**Health: The Connection between Mood and Food.**

**Learn something new and stay connected with our virtual recreation programming schedule.**

**Register for this week's spousal employment webinars including Wednesday's Building Effective Presentations Skills.**



**NEW! Crisis Texting Service for Kids of CAF Families.**

**The CAF Newspapers Youth Reporter Competition – VOTE For Your Favourite Story!**

**Does your family need care for a family member in an emergency situation? You may be eligible for our Emergency Family Care Financial Assistance.**



**Feature Article: How do I know if I need financial counselling?**

**The Personal Home & Auto Insurance: Check if you're eligible for a refund.**

---

Intimate Relationships Continuum: **Where does your relationship stand?**



**Dog Walk Day - May 16:** Join us for a 60 minute dog walk challenge for your chance to win a great dog related prize.

Friday streaming **concert series** features artists from our Show Tours. Artists are announced Wednesdays on the National PSP Facebook page.

**Busy Hands:** Activities to help you get off the couch and stay active in the most creative ways.

---