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Building healthy relationships is a long term strategy for happiness. Sometimes that means leaving unhealthy relationships. When this time comes, it's best to have a safety plan ready in advance.

How to Create a Safety Plan: If you or someone you love is thinking of leaving an unhealthy relationship, it is important to do so safely.



We've redesigned **CANEX.ca** to give you a faster, smoother shopping experience. To celebrate we're offering free shipping on all orders for a limited time!

Support Our Troops **National Scholarship program** is now accepting applications.

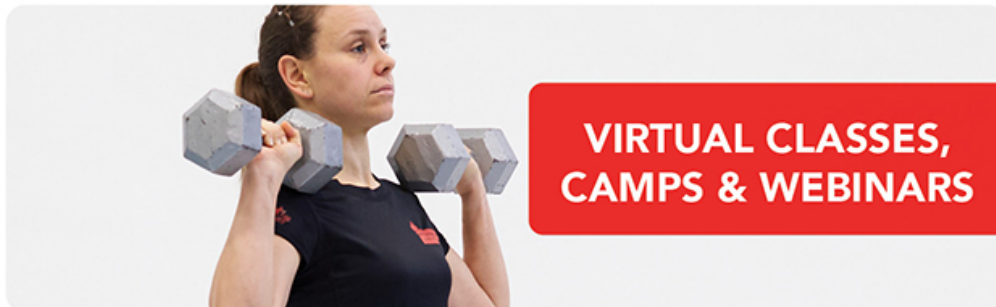
The Personal issued an additional **COVID-19 auto insurance refund.**

existing CDCB customers.

It's not too late to join **PSP's COVID-19 Research Study!** We would like to learn from your experience to better serve your needs during this difficult time.



Five times to review your life insurance: If you've had changes in any of the following five stages of your life, it's time to check in with a SISIP Financial Insurance Representative.



Looking for virtual programs/services in English and/or French? See our **full range of webinars, info sessions, fitness workouts, events and more.**

Get your heart pumping with a virtual **Functional Core Strength class** from the team at PSP Meaford on Thursday, July 23rd at 0900 EDT!

Sign up for our Health Promotion webinars this week, including our **Getting Race Ready - Dealing with Heat** July 22nd at 1500 EDT!

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Email: service@cfmws.com
Toll Free: 1-855-245-0330
Address: 4210 Labelle Street
Ottawa, ON K1A 0K2

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