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Good Afternoon.

Here are the most recent updates as of the afternoon of Friday, April 24th:

What we're working on now:

Amendment to the Pandemic Plan

The Pandemic Plan has been updated, please <u>click here</u> to view.

Mental Health and Wellness

Maintaining good mental health and wellness continues to be a priority. Many organizations have developed apps to offer individuals mental health support, tips and other helpful information.

Mental health and wellness support through CDSPI's Members' Assistance Program (MAP) can be accessed by calling 1.844.578.4040 or visiting https://www.workhealthlife.com/

Upcoming NLDA Webinar

The NLDA plans to continue our Webinars every Monday until further notice. Our next webinar will be on Monday, April 27th at 2:00pm (NDT) and will be an online CEC.

Our guest speaker: Denis Mahoney is a Labour and Employment Partner at McInnes Cooper's St. John's Office and a member of the firm's Board of Directors.

If you're interested in joining next weeks webinar, please contact Amanda via email: amanda.nlda@nfld.net to RSVP. If you have any questions for Denis Mahoney, we ask that you submit your questions to Amanda prior to the webinar.

Media Updates

* CBC NL - N.L. hits 1 full week with no new cases of COVID-19 https://www.cbc.ca/news/canada/newfoundland-labrador/covid19newfoundland-labrador-april-24-1.5543852

Our next update will be Monday afternoon, April 27th. We will continue to keep you updated.

Kind Regards,

Amanda Squires on behalf of Dr. Paul Hurley, President of the NLDA

If you have any questions you can contact myself, the Manager of Communications and Members Relations with the NLDA, via email <u>Amanda.nlda@nfld.net</u> or phone: 709-685-4420.