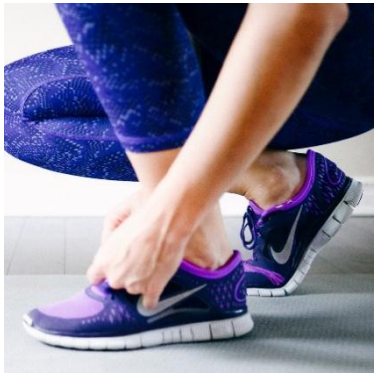
2026 Well-being Calendar – Q1



Date	Topic	Additional Resource Links
January		
	Alzheimer's Awareness Month	Dementia response for leaders
15	*** Canada Life group savings plan member webinar:** RRSPs and TFSAs – Facts, tax and impacts	
27	*** Canada Life group savings plan member webinar:** Retirement − Saving for your future	Retirement Resources
21	Bell Let's Talk Day	Tools & resources
February		
	Black History Month	Discrimination prevention and inclusion
	Heart Month	Living a healthier lifestyle
4	*** Canada Life group savings plan member webinar:** Managing debt − From stress to security	
10	*** Canada Life group savings plan member webinar:** RRSPs and TFSAs – Facts, tax and impacts	
26	*** Canada Life group savings plan member webinar:** Investing – Market update	
25	Pink Shirt Day	Bullying prevention and protection
March		
	Fraud Prevention Month	Protecting yourself online
	National Nutrition Month	Improving Nutrition One Bite at a Time
16–20	Neurodiversity celebration week	Supporting neurodiversity for leaders
12	*** Canada Life group savings plan member webinar:** Gen Z money – Goal getter	
24	*** Canada Life group savings plan member webinar:** Your plan – Welcome to Canada Life	

2026 Well-being Calendar – Q2

Date	Topic	Additional Resource Links
April		
	Cancer Awareness Month	see Gov't of Canada Calendar The Plan Sponsor`s guide to Cancer
2	World Autism Awareness Day	
15	*** Canada Life group savings plan member webinar:** Investing − Basics for beginners	Financial stress Resources
19-25	National Volunteer Week	Team activity volunteer together
28	*** Canada Life group savings plan member webinar:** Retirement − Where will my money come from?	Retirement Resources
28	World Day for Safety & Health at Work and National Day of Mourning	Protection of physical safety
May		
	World Mental Health Month	weekly e mails and videos
	Canada Life World Mental Health Day public webinar: *- (date and topic TBD)*	
4-10	Mental Health Week	Resources for employees (Getting-help)
7	*** Canada Life group savings plan member webinar:** Welcome to Canada − The Canadian retirement system	
5	World Asthma Day	Resources
19	*** Canada Life group savings plan member webinar:** Investing – Basics for beginners	Financial stress Resources
June		
	National Indigenous History Month	Indigenous engagement planning
	Pride Month	Discrimination prevention and inclusion
3	*** Canada Life group savings plan member webinar:** Her money – Breaking barriers together	
21	National Indigenous Peoples Day	Indigenous teachings for leaders
18	*** Canada Life group savings plan member webinar:** Retirement − Getting close	Retirement Resources

2026 Well-being Calendar – Q3

Date	Topic	Additional Resource Links
July		
16	*** Canada Life group savings plan member webinar:** Managing debt − From stress to security	
24	International Self-Care Day	Managing stress
28	*** Canada Life group savings plan member webinar:** Gen Z money – Goal getters	
August		
5	*** Canada Life group savings plan member webinar:** Retirement − Saving for your future	Retirement Resources
12	International Youth Day	Post-secondary student resilience From Surviving to Thriving
20	*** Canada Life group savings plan member webinar:** Retirement − Where will my money come from?	
31	Overdose Awareness Day	Self assessment tools
September		
10	World Suicide Prevention Day	Suicide response for leaders
10	*** Canada Life group savings plan member webinar:** Investing − Basics for beginners	Financial stress Resources
22	*** Canada Life group savings plan member webinar:** Your plan – Welcome to Canada Life	
30	National Day for Truth and Reconciliation	Indigenous Teachings at Work

2026 Well-being Calendar – Q4

Date	Topic	Additional Resource Links
October		
5-11	Mental Illness Awareness Week	Manage anxious or depressive thoughts
	Canada Life World Mental Health Day public webinar: *(date and topic TBD)*	
10	World Mental Health Day	workplacestrategiesformentalhealth.com
15	*** Canada Life group savings plan member webinar:** Her money – Breaking barriers together	
28	*** Canada Life group savings plan member webinar:** Investing − Beyond the basics	Financial stress Resources
November		
	Movember	Assessing your mood
	Financial Literacy Month	Financial well-being
3	*** Canada Life group savings plan member webinar:** Retirement − Getting close	Retirement Resources
14	World Diabetes Day	Improving nutrition one bite at a time
18	*** Canada Life group savings plan member webinar:** Investing – Market update	
24-30	National Addictions Awareness Week	Someone you care about might be struggling with an addiction
December		
3	International Day of Persons with Disabilities	Legal duty to accommodate
3	*** Canada Life group savings plan member webinar:** Your plan – Welcome to Canada Life	
10	Human Rights Day	

* Canada Life group savings plan member education webinars are available to group savings plan members only. Registration for webinars opens one month prior to each quarterly session.

- For additional health promotion events in Canada see:
  - Workplaces Strategies for Mental Health Wellness awareness program calendar.
  - Credit Counselling Society Financial Education Webinars by month (English only)
  - Teladoc Health Member Engagement Calendar
  - Telus Health Wellbeing Calendar
  - Government of Canada Calendar of Health Promotion Days

Year-Round Resources

People Leader Resources

Helping Employees Manage Change
Leveraging team wisdom
Building resilience
Managing Hybrid Teams
Team Building Exercises
Putting psychological and social support on the agenda:
Workload management Workshop
Mental health policies and programs
Psychologically Safe Leader Assessment

Workplace well-being: Recognizing and approaching issues
The employer's duty to accommodate in the workplace
Accommodating an employee with limitations and restrictions
Creative options to accommodate employees in the workplace
Supporting an employee's return to work after a medical leave
Managing chronic diseases in the workplace
Chronic diseases in Canadian women
What are the financial impacts of chronic disease?
Supporting neurodiversity for leaders

Employee Resources

Financial, Physical and Mental Well-being

Retirement Planning
Resources to help cope with financial stress
How to pay off your mortgage faster
How you can save more money each month
Setting goals and creating good habits
Planning for a mentally healthy retirement
Credit Counselling
Financial Well-Being
CPA free women's financial literacy webinar series
Resources for managing your own health and wellness

Working Parents
Family Issues
Work-life balance tips
Post-secondary student resilience
Getting ready for a medical appointment
How to get a restful sleep
How to get started on a walking program
Taking your medication
Dealing with pain
Nutrition

Training

Micro Learning Modules for employees and leaders:

- Avoiding blame and shame
- Before you Say No
- Communicating with clarity
- Dealing with a stressful boss
- Distinguish acknowledgement from agreement
- Getting employee commitment
- Listening to Understand
- New job or role
- Resolving personal conflicts
- Setting workload balances
- Using appreciative inquiry
- Coping with change
- Prevent burnout
- Window of tolerance
- Function of emotions
- Self-doubt and impostor syndrome
- Tame your self-talk
- Constructive criticism
- Emotional triggers
- Worry myths
- Interpret negative feedback accurately

Recent Canada Life Public Webinars

Neurodiversity works: unlocking the power of different minds in the workplace	October 9, 2025
You can do hard things - How to change what no longer serves you	May 01, 2025
Connecting the dots between physical and mental health and how to take action	October 10, 2024
Addiction, Mental Illness and Work: how to manage it and advocate for support	May 07, 2024
The emotional cost of financial stress	October 10, 2023