



## March feature Staying Strong Through Life's Challenges

From illness to divorce to a traumatic event such as a natural disaster, we face unexpected challenges throughout our lives. We're featuring resources this month to support those who may be going through a difficult or painful life event.

You'll find helpful advice in the [Staying Strong Through Life's Challenges](#) feature on our platform. Also, see our new [Emergency Preparedness Toolkit](#) with valuable articles and more.

Remember, you can contact **inConfidence** and speak with a consultant whenever you need guidance or support for the challenges you may be facing.

**Online: [www.myinconfidence.ca](http://www.myinconfidence.ca)**

**Username: NLMA Password: inconfidence**

**Call inConfidence toll-free, 24/7: 1-877-418-2181**

**TTY: 1-877-371-9978**

Note that this month's feature will be live on the homepage from March 1 to 31, 2018.

Search the platform any time for helpful resources related to this topic.

**Download the "LifeWorks" app!**



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