



Association des retraitées et des retraités
de l'enseignement de la FNEEQ

La Capitale 
Insurance and Financial Services

NEWSLETTER
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FREE PHONE COUNSELLING SERVICE FOR MEMBERS INSURED WITH LA CAPITALE

Here is a message from La Capitale.

Dear AREF members,

At La Capitale, we understand that some of you live through difficult times due to the ongoing pandemic, with all its restrictions and obligations. That is why we are offering a free phone counselling service to all our customers insured under a group insurance plan.

Psychological health professionals from Optima Global Health will be there to offer up to three hours of free phone counselling to each of our customers.

Anxiety, discouragement, stress... we offer resources to help you go through this challenging time.

La Capitale is offering a free phone counselling service exclusively to its insured customers.

24/7 Hotline Number:

1 855 874-8558

You must have your certificate or policy number ready.

Board — Public Sector



La Capitale Insurance and Financial Services

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