

# The RBC EmployeeCare Program

## Have you been affected by Hurricane Arthur?

As of this morning, Friday, July 4, 2014, the centre of Hurricane Arthur is moving near North Carolina's coast after slashing into the state's barrier islands, forcing thousands to flee and much of the East Coast to shuffle Independence Day celebrations. Arthur strengthened to a Category 2 storm with sustained winds of 155 kilometres per hour Thursday evening before passing over the southern end of the Outer Banks. It has now been downgraded to a Category 1, and clean-up will soon begin.

Storm-tracking models show Arthur moving up the U.S. east coast toward the Maritimes throughout the day Friday, and it's expected to become a strong post-tropical storm with sustained winds of 65 km/h or more when it arrives late Friday or early Saturday. Meteorologists also predict plenty of rain, including a possible 100 millimetres in parts of New Brunswick. Officials are warning residents to secure loose objects on their property and brace for power interruptions.

If you and your family are trying to cope with the impact of this storm or any severe weather event, or you're concerned about friends and loved ones located in affected areas, we can help. Our professional, confidential consultants are available any time, 24 hours a day, seven days a week, with expert guidance and advice, including:

- Tips to help you prepare for severe weather
- Ways to ease children's fears
- How to support loved ones who have experienced a natural disaster

Feel free to access helpful articles and resources, including:

- [Steps to Take After a Flood, Fire or Other Disaster](#)
- [Preparing for Natural Disasters: Floods, Hurricanes, Tornadoes and Earthquakes](#)
- [Taking Care of Yourself After a Traumatic Event](#)
- [Helping Young Children Cope After a Natural Disaster](#)
- [Helping Your Teenager Cope After a Natural Disaster](#)
- [Coping with Grief and Loss Following a Traumatic Event](#)

For current storm updates:

- <http://www.ctvnews.ca/world/hurricane-arthur-weakens-to-a-category-1-storm-1.1898768>
- <http://www.theweathernetwork.com/news/articles/four-things-you-need-to-know-about-friday-july-4/31039/>

**We're here for you 24/7.**

**Contact RBC EmployeeCare any time for confidential assistance.**

**Toll-free: 1.800.667.3400 TTY: 1.877.616.4422**

**You can also visit [www.lifeworks.com](http://www.lifeworks.com)  
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