

# Supporting Employee Wellness

December 2020

# Connect Resources

## Supporting Employees Wellness

### [Connect Wellness](#)

- [Thrive 5](#)
- Move regularly, sleep soundly, eat well, help others, connect socially
- [Life Lines](#) Monthly Wellness Newsletters
- Monthly Features – December 2020 – Holiday Anxiety

### [Connect Resources](#)

- On-Campus and Community Resources

# Employee & Family Assistance Program

(EFAP)



**Homewood**

# EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

## Homewood Health EFAP

- Free, confidential, professional counselling available to employees and immediate family members
- [Employee Orientation to EFAP](#)



Addiction	Domestic Violence	Trauma
Parenting	Depression	Family Dynamics
Aging	Anxiety	Wellness
Care giving	Family concerns	Legal Advisory
Anger Management	Communication Support	Relationship Solutions
Child development	Grief/Bereavement	Financial coaching
Smoking Cessation	Stress	Shift worker support

Confidential  
1-800-663-1142

# EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

WILFRID LAURIER UNIVERSITY Waterloo | Brantford | Kitchener | Toronto



## Counselling Services

*When life feels a little (or a lot) overwhelming*

- Face-to-face Counselling
- Telephonic Support
- Video Counselling
- Chat e-counselling

*....with your convenience in mind.*

## Online Resources

*To learn at your own pace*

- Preparing for your retirement
- Respect in the workplace
- Resolving conflict
- Library of health and workplace articles

*...access any time.*

**Toll-free: 1.800.663.1142**

**[www.homeweb.ca](http://www.homeweb.ca)**



Meet with a *Life Smart*  
*Specialist*

1-800-663-1142

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## Life Balance Solutions

*To manage everyday challenges*

- Childcare and Parenting/ New Parent Support
- Elder and Family Care
- Financial Consultation
- Legal Advisory
- Relationship Solutions

## Health Smart Coaching

*To be proactive with your health*

- Smoking Cessation
- 12 Weeks to Wellness
- Nutritional Counselling

## Career Smart Counselling

*To take control of career choices*

- Career Planning
- Workplace Issue Counselling



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# EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

## i-Volve Online Cognitive Behavioural Therapy

Homewood's online, self-paced treatment program for depression and anxiety. In these unprecedented times, many persons are experiencing increased levels of anxiety. When faced with the uncertainties brought forward by COVID-19, we may experience or encounter anxious thoughts or stressful scenarios impacting our emotional and behavioural reactions.



[www.homeweb.ca](http://www.homeweb.ca)

# Workplace Strategies for Mental Health

Compliments of Canada Life

WILFRID LAURIER UNIVERSITY Waterloo | Brantford | Kitchener | Toronto



## Workplace Strategies for Mental Health

- Improve psychological health and safety in the workplace.
- Support employee success when mental health is a factor.
- All tools and resources are free
  - Psychological Health and Safety
  - Managing Workplace Stress
  - Employee Resources
  - Job specific strategies
  - Free training and tools

## [Wellness Together Canada](#)

Mental health is a journey, not a destination. Access support and track your progress.

- Accessible 24/7
- No fees, ever
- For everyone
- Start with a self-assessment
- Health Metrics

## Lumino Health

With access to local and virtual health-care providers, relevant health and wellness content and the latest in health innovations



- Canada's largest library of trusted health resources for patients and their families.

### [Stress and Anxiety Guide](#)

Are you feeling stressed or anxious? Are you searching for answers to why you feel this way or what you can do to feel better?

# Upcoming Wellness Session

## Navigating Wellness Resources

Thursday December 17th @ 10:00am

As we move through the last month of 2020, a year unlike any other, we may be experiencing feelings that we've never felt so intensely before. So much has changed since the last holiday season and we continue to adhere to public health guidelines to keep us safe. We know that maintaining mental health takes focus and commitment but with so many resources available, it's hard to know where to get started.

Register on [Connect](#)



# Contact Information

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