

EFAP Information Sessions

Supports from EFAP

Learn about services and supports available to employees and their families at this upcoming webinar.

Our Employee and Family Assistance Program (EFAP) is a confidential and voluntary support service available at no cost to all APS employees and their immediate family members. EFAP provides various supports and tools on numerous topics, including nutritional and financial support services, mental health and resiliency resources, relationship resources and family support services, in addition to their short-term counselling program. Find out from our service provider, **TELUS Health**, on what they have to offer, as well as how to access and use their services.

No registration is required. Simply copy the Teams link into your calendar and join a session on a date that works for you.

We encourage all GOA employees to attend including new hires and those looking for a refresher on updated content to attend.

Additional session dates will be added on an ongoing basis. **Eligible family members may also attend these sessions through Teams (download the program) or through phone in.**

Employee Sessions Dates	Featured Topic	Microsoft Teams Link	Phone In
September 24 2:00 pm to 3:00 pm	Emotional Intelligence at work	Join the meeting now	Or call in (audio only) (855) 751-2243 Canada (Toll-free) Phone conference ID: 844476923#
October 22 2:00pm to 3:00 pm	Work-life Harmony	Join the meeting now	Or call in (audio only) (855) 751-2243 Canada (Toll-free) Phone conference ID: 31109836#
November 19 1:30 pm to 2:30 pm	Mindful Money Matters	Join the meeting now	Or call in (audio only) (855) 751-2243 Canada (Toll-free)

			Phone conference ID: 832302592#
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Supervisor Supports from EFAP

Learn about services and supports available to you and your employees and their families in this upcoming webinar.

As a supervisor, you may be faced with sensitive or challenging workplace conversations and need guidance on recognizing when an employee may be experiencing difficulties. You may also benefit from consultation and coaching on how to respond to complex employee situations and how to connect employees with appropriate supports.

Join a live information session with our service provider, **TELUS Health**, to learn about the resources and services available through the Employee and Family Assistance Program (EFAP). The session will cover how to access and use these services from both the employee and supervisor perspective, including how supervisors can support employee well-being and promote awareness of available supports.

No registration is required. Simply copy the Teams link into your calendar and join a session on a date that works for you.

These sessions are intended for those in the APS who have supervisory responsibilities for other employees. We encourage new supervisors to attend as well as those supervisors who may want a refresher on updated content.

Additional session dates will be added on an ongoing basis.

People Leader Sessions Dates	Featured Topic	Microsoft Teams Link	Phone In
September 22 1:30 pm to 3:00 pm	Emotional Intelligence at work	<u>Join the meeting now</u>	Or call in (audio only) (855) 751-2243 Canada (Toll-free) Phone conference ID: 489692989#
October 20 1:30 pm to 3:00 pm	Work-life harmony	<u>Join the meeting now</u>	Or call in (audio only) (855) 751-2243 Canada (Toll-free) Phone conference ID: 573934026#
November 17 1:30 pm to 3:00 pm	Mindful Money Matters	<u>Join the meeting now</u>	Or call in (audio only) (855) 751-2243 Canada (Toll-free) Phone conference ID: 796395338#

***A session may not go ahead if the number of participants that join is low. If the session you join gets cancelled, feel free to join another on a future scheduled date. Encourage your supervisor colleagues to join a session with you.**