

Smoking Cessation

Smoking cessation programs are available to all employees and are eligible for reimbursement up to a maximum of \$300 per school year. The items that can be reimbursed include Nicoderm, acupuncture, the patch, etc. Please discuss with your physician the smoking cessation plan that is best for you.

TrymGym

This is an 8-week comprehensive lifestyle change program developed by health professionals at the University of Calgary.

The focus of the TrymGym program is on three core components:

- Nutrition education
- Physical activity
- Behaviour change

Employees pay for this course and upon completion of the program, will be reimbursed up to a maximum of \$300.

To register for the next available program in your area, please call 403-220-4374.

For more information on smoking cessation or TrymGym, please call 403-500-2491.



EFAP

Employee and Family Assistance Program

Wellness

is the integration of body, mind and spirit. Everything you do... has an impact on your state of health.

-V. Travis MD-



CALGARY CATHOLIC
SCHOOL DISTRICT

Catholic School Centre
1000 Fifth Avenue SW
Calgary, AB T2P 4T9



CALGARY CATHOLIC
SCHOOL DISTRICT



Employee and Family Assistance Program (EFAP)

The Employee and Family Assistance Program is designed to provide support to you and your loved ones. All of us face various challenges and difficulties in our daily lives. Some of these challenges resolve themselves over time, however, there are some that require immediate attention.

Helping you help yourself

You may benefit from the assistance of a professional counsellor to help you in resolving any of the following topics that may be of concern to you:

- Personal or family problems
- Marriage difficulties
- Issues regarding your children
- Financial difficulties
- Substance abuse
- Anxiety and/or depression
- Stress at work or at home

EFAP



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Confidentiality

Respecting and protecting an individual's right to privacy is the foundation of the Employee and Family Assistance Program. All consultants, both external and internal, are bound by law and strict codes of ethics that include confidentiality with respect to any information that may be released.

Your eligible dependents may also utilize the EFAP service on their own initiative and can expect the same commitment to their privacy.

What can I do if I see someone in need of help?

i.e. co-worker, family member

Sometimes family members or co-workers may confide information about a problem they're facing. Other times you observe changes in behaviour that cause concern. If this happens to you, let the person know about the EFAP and suggest they either contact us or speak with their family physician. For further information, please call 403-500-2491.

Preferred Provider Listing

The Preferred Provider Listing is comprised of a variety of specialized healthcare professionals. Employees are welcome to contact these professionals directly.

To access this listing information, visit the Calgary Catholic School District intranet site under Our Services >> Human Resources >> Employee and Family Assistance Program (EFAP).

For additional information, please contact an internal EFAP consultant.

Internal EFAP Consultants

EFAP Administrative Assistant ... 403-500-2491
EFAP Senior Consultant 403-500-2527

We are available to:

- Answer questions
- Assist you with evaluating your options
- Offer immediate support and counselling services at a variety of locations
- Provide referrals to a variety of specialized healthcare professionals
- Recommend resources
- Provide assistance to family members

