

# EFAP Orientation Webinars

**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. Feel free to copy the TEAMS link into your calendar on a date that works for you. We encourage all APS employees to attend including new hires as well as those who may want a refresher on updated content. Additional dates will continue to be added.**

**Eligible family members may also attend these sessions through TEAMS (download the program) or through phone in.**

Employee Sessions	Dates	Microsoft Teams Link	Phone In
January 2025	January 23 11:00 am to 12:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone conference ID: 210 816 363#
February 2025	February 20 11:00 am to 12:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone conference ID: 334 351 154#
March 2025	March 25 2:00 pm to 3:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone conference ID: 677 062 870#
April 2025	April 24 11:00 am to 12:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone conference ID: 814 476 476#

May 2025	May 22 2:00 pm to 3:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> <a href="#">(855) 751-2243</a> Canada (Toll-free) Phone conference ID: 901 734 650#
June 2025	June 24 11:00 am to 12:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> <a href="#">(855) 751-2243</a> Canada (Toll-free) Phone conference ID: 292 884 026#

### Supervisor Supports from EFAP

**Learn about services and supports available to you and your employees and their families in 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. **As Supervisors**, we also deal with sensitive and challenging conversations with our employees and sometimes need information on how to recognize that our employees might be having difficulties. We might need consultation and coaching on addressing sensitive employee situations, including educating our employees about EFAP supports and services available to them.

Find out from our service provider, **TELUS Health**, on what they have to offer, as well as how to access and use their services from both the employee and supervisor perspective.

**No registration is required. Feel free to copy the TEAMS link into your calendar 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 dates will continue to be added.**

**\*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.**

People Leader Sessions	Dates	Microsoft Teams Link	Phone In
January 2025	January 16	<a href="#">Join the meeting now</a>	Dial in by phone (855) 751-2243

	9:00 am to 10:30 am		Canada (Toll-free) Phone conference ID: 673 068 728#
March 2025	March 13 9:30 am to 11:00 am	<a href="#"><u>Join the meeting now</u></a>	<b>Dial in by phone</b> <a href="#"><u>(855) 751-2243</u></a> Canada (Toll-free) Phone conference ID: 395 659 499#
May 2025	May 15 9:30 am to 11:00 am	<a href="#"><u>Join the meeting now</u></a>	<b>Dial in by phone</b> <a href="#"><u>(855) 751-2243</u></a> Canada (Toll-free) Phone conference ID: 119 628 301#