

# Supports from EFAP

## 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
May 2024	May 16 11:00 am - 12:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 280 765 909#
June 2024	June 13 1:00 pm - 2:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 188 908 227#
July 2024	July 11 1:00 pm - 2:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 168 522 445#
August 2024	August 8 11:00 am - 12:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 962 771 056#

September 2024	September 25 11:00 am - 12:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 595 194 132#
October 2024	October 22 11:00 am - 12:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 524 669 201#
November 2024	November 20 11:00 am - 12:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 671 456 351#
December 2024	December 12 11:00 am - 12:00 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 474 745 701#

**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
May 2024	May 8 9:00 am - 10:30 am	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 675 807 694#
July 2024	July 24 9:00 am - 10:30 am	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 798 294 636#
September 2024	September 24 1:00 pm - 2:30 pm	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 536 947 744#
November 2024	November 27 9:00 am - 10:30 am	<a href="#">Click here to join the meeting</a>	<b>Or call in (audio only)</b> <a href="tel:8557512243">(855) 751-2243</a> Canada (Toll-free) Phone Conference ID: 342 873 756#