



Employee Health & Wellness

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Campus Wellness Advisor

Human Resources – Health & Wellness



Your Well-Being Matters

- Wellness Lunch & Learns
- Employee Family Assistance Program (EFAP) - LifeWorks
- OneTRU HR Health & Wellness
 - Campus Wide Events
 - Resources
- Contact Information

Wellness Wednesday: Lunch & Learns

- 1-2x per month on Wednesdays
- 12 pm to 1 pm
- All TRU Employees
- Variety of Topics
- Register on OneTRU > & keep an eye on the *TRU Bulletin* emails

Coming Up Next:

- Mental Health & Wellbeing: Coping Strategies during COVID-19
- Women's Health
- Working Remotely with Children: Practical Strategies
- Overcoming Burnout





Employee Family Assistance Program (EFAP)

- 24/7/365 support by telephone/web
- Voluntary and confidential
- Free for all full- and part-time employees on TRU's benefits plan – spouses and dependents too!

Services:

- Short-term **Counselling**
- **Consultation** Services (Work-Life, Stress, Health, Legal, Financial, Parenting, Elder Care, Naturopathic, Nutrition, Substance, and more)
- Online **Wellness Resource** Platform & App
- LIFT **Fitness** App
- and more!



LifeWorks
by Morneau Shepell



OneTRU HR Health & Wellness

- **Here you can...**
 - Register for upcoming Lunch and Learns
 - Learn more about EFAP – access login details
 - Browse a variety of ‘Coping with COVID’ Resources
 - Learn about upcoming campus-wide wellness events (or past events & resources)
 - and more! (updated often – check back again soon)
- **To access:** www.OneTRU.ca > Login as employee > Human Resources > Health & Wellness

Questions?

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