Homewood Health & Employee Family Assistance Program (EFAP) Information Sessions

The University of Regina and Homewood Health would like to invite you to a series of biweekly orientation sessions designed to help you better understand the EFAP benefit as part of your benefit package. Each virtual information session covers many of the services provided by the program (mental health, financial or legal assistance, and lifestyle adjustments), how to access the program, and what to expect when you use EFAP. Each session will be interactive, including Q & A segments for participants to submit any questions throughout the presentation. Sessions are scheduled in advance, and as more sessions become available, participants can register through the same links.

If you are a University of Regina employee who receives these benefits and are looking to better understand EFAP and the many services the program offers or just have a few questions about the program, sign up for the free orientation here:

Employee Orientation Registration:
https://zoom.us/webinar/register/WN_6CZ4t3XYR4OKta_v3VjqMA

If you are unable to attend one of the regular sessions, Homewood Health has provided pre-recorded sessions that will provide you with information about the program. The links are provided here:

Homewood Health Employee Orientation:
https://www.youtube.com/watch?v=HKjqV6gmP38&feature=youtu.be&rel=0

Homewood Health EFAP Counselling Orientation:
https://www.youtube.com/watch?v=SRGNZR5qEM&feature=youtu.be&rel=0

Homewood Health EFAP Online Tools & Resources:
https://www.youtube.com/watch?v=WLVc3cHp-wU&feature=youtu.be&rel=0

Whether you need advice, counselling, or other mental wellness treatments, Homewood Health is there to support you. Call them anytime 24/7 @ 1-800-663-1142 or check out their website https://homeweb.ca.

“What is important to you is important to them”