

Shortened Wellness Sessions:

Shorter wellness sessions are available to book using the same process as one-hour sessions. If using wellness credits, one credit will be used per session booked, regardless of session duration. Facilitators can remain on-site after shorter sessions to answer questions related to the session topic. However, during that time they cannot provide counselling services or answer questions related to services included in the EFAP. These requests &/or questions would be re-directed back to the Homewood EFAP 1-866 # &/or website.

15 minute sessions available:

- Beyond Stigma
- Healthy Eating on the Go
- Healthy Sleep Habits
- Professionalism in the Workplace
- Respect in the Workplace
- Stress Busters

30 minute sessions available:

- Assertiveness: Negotiating Respectful Interpersonal Boundaries
- Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace
- Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change
- Building Working Relationships
- Establishing Work-Life Harmony
- Healthy Sleep Habits
- Improving Workplace Communication
- Managing Your Time and Energy
- Making Shiftwork Work for You
- Professionalism in the Workplace
- Respectful Relationships in the Workplace
- Stress Busters
- The Art of Relaxation
- The Fundamentals of Change & Transition
- The Journey to Wellness: One Step at a Time

45 minute sessions available:

- Addictions at Work
- Beyond Stigma
- Establishing Work-Life Harmony
- Stress Busters
- The Emotional Effects of Retirement