

**UNION/EMPLOYEE GROUP**  
**CONTACTS**

**GVTA**

Email: [info@gvta.net](mailto:info@gvta.net)  
Phone: 250.595.0181  
Website: [www.gvta.net](http://www.gvta.net)

BCTF Health & Wellness Program  
[www.bctf.ca](http://www.bctf.ca)

**CUPE 382**

Email: [cupe382@shaw.ca](mailto:cupe382@shaw.ca)  
Phone: 250.384.0276  
Website: [www.cupe382.ca](http://www.cupe382.ca)

**CUPE 947**

Email: [cupe947@telus.net](mailto:cupe947@telus.net)  
Phone: 250.384.1833  
Website: [www.947.cupe.ca](http://www.947.cupe.ca)

Support Staff Joint Early Intervention  
Service & Long Term Disability Program  
[www.pebt.ca](http://www.pebt.ca)

**ASA & VPVPA**

Please contact your Association President

**HR CONTACTS**

**Tammy Sherstobitoff**

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250.475.4151

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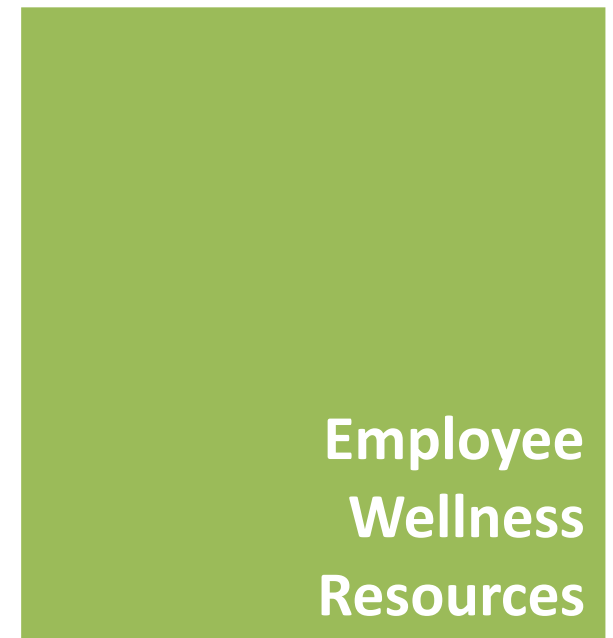
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250.475.4192

**Brian Olohan**

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250.920.3464

**Courtney Askew**

HR Advisor  
Wellness & Attendance Support  
[caskew@sd61.bc.ca](mailto:caskew@sd61.bc.ca)  
250.475.4163



## **Morneau Shepell**

Morneau Shepell is our Employee and Family Assistance Program (EFAP) provider and available 24/7 to all employees and their families. Morneau Shepell offers a wide variety of counselling services that are completely confidential and free of charge. A short description of the services they offer is listed below:

### **Professional Counselling**

At the heart of Morneau Shepell is our professional counselling service. Our caring professionals are dedicated to supporting you through the issues that may be impacting your life. Our counselling services are delivered in a number of ways to make it as easy as possible for you to connect with us to help resolve your issue. During your first call, we'll discuss learning preferences, work schedules and other lifestyle issues in order to create a plan of action that will work best for you.

### **Online Access**

Eligible employees and their dependants can access the program online for confidential services, information and assistance. Our site provides an overview of services that may be available to you. Online access is available to support you through a variety of life experiences, including counselling solutions, parenting questions, healthy living, legal and financial concerns.

**1.844.880.9137**

**<https://www.workhealthlife.com/>**

## **Mental Health & Addictions Resources**

### **Vancouver Island Health Authority Mental Health & Addictions Services**

[www.viha.ca/mhas](http://www.viha.ca/mhas)  
250.370.8175

### **Canadian Mental Health Association**

[www.victoria.cmha.bc.ca](http://www.victoria.cmha.bc.ca)  
250.216.4228

### **Island Community Mental Health**

[www.islandcommunitymentalhealth.ca](http://www.islandcommunitymentalhealth.ca)  
250.389.1211

### **The Umbrella Society for Addictions & Mental Health**

[www.umbrellasociety.ca](http://www.umbrellasociety.ca)  
250.380.0595

### **Vancouver Island Crisis and Information Line**

[www.vicrisis.ca](http://www.vicrisis.ca)  
1.888.494.3888

## **Family Support Resources**

**Island Family Counselling**  
[www.islandfamilycounselling.com](http://www.islandfamilycounselling.com)  
250.598.0544

**Family Services of Greater Victoria**  
[www.fsgv.org](http://www.fsgv.org)  
250.386.4301

**Victoria Youth Society**  
[www.victoriayouthclinic.ca](http://www.victoriayouthclinic.ca)  
250.383.3552

**Pacific Centre Family Services  
Association**  
[www.pacificcentrefamilyservices.org](http://www.pacificcentrefamilyservices.org)  
250.478.8357

**Phoenix Human Services Association**  
[www.phoenixhumanservices.org](http://www.phoenixhumanservices.org)  
250.383.4821

**Greater Victoria Eldercare  
Foundation**  
[www.gvef.org](http://www.gvef.org)  
250.370.5664