

Union/Employee Group Contacts

GVTA

Email: info@gvta.net

Phone: 250.595.0181

Website: www.gvta.net

BCTF Health & Wellness Program
www.bctf.ca

CUPE 382

Email: cupe382@shaw.ca

Phone: 250.384.0276

Website: www.cupe382.ca

CUPE 947

Email: cupe947@telus.net

Phone: 250.384.1833

Website: www.947.cupe.ca

Support Staff Joint Early Intervention
Service & Long Term Disability Program
www.pebt.ca

VPVPA

Please contact your Association President

HR Contacts

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Robert Clark

Manager, Occupational Health &
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Melissa Pledger

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Courtney Askew

Wellness/Attendance Support Advisor

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250.475.4163



**Employee
Wellness
Resources**

Employee and Family Assistance Program (EFAP)

Homewood Health is our Employee and Family Assistance Program (EFAP) provider. They are a trusted Canadian company and are available 24 hours a day, 7 days a week, 365 days a year.

Employees and their immediate family members can access a variety of services from Counselling, Crisis Support, Life Smart Coaching, and online resources. You are guaranteed confidentiality within the limits of the law and their services are free of charge to you. Below is a short description of services they offer:

Professional Counselling

Homewood Health offers a supportive, confidential, and caring environment and will provide you with counselling for any challenge including family, depression, marital, life transitions/change, relationships, grief/bereavement, addictions, stress, anxiety, other personal issue). Counselling is available in person, by phone, by video or online.

Online Resources

Access Homeweb anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

Life Smart Coaching

Receive coaching support for a variety of life, balance and health issues or even get extra support to better manage your career. Lifesmart Coaching is available by phone and you can access support from Nutrition and Smoking Cessation to Financial, Legal, Pre-Retirement and Career Planning.

1.800.663.1142
www.HomeWeb.ca

Mental Health & Addictions Resources

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

www.viha.ca/mhas
250.370.8175

Canadian Mental Health Association

www.victoria.cmha.bc.ca
250.216.4228

Island Community Mental Health

www.islandcommunitymentalhealth.ca
250.389.1211

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

www.umbrellasociety.ca
250.380.0595

**Vancouver Island Crisis and
Information Line**

www.vicrisis.ca
1.888.494.3888

Family Support Resources

Island Family Counselling
www.islandfamilycounselling.com
250.598.0544

Family Services of Greater Victoria

www.fsgv.org
250.386.4301

Victoria Youth Society

www.victoriayouthclinic.ca
250.383.3552

**Pacific Centre Family Services
Association**

www.pacificcentrefamilyservices.org
250.478.8357

Phoenix Human Services Association

www.phoenixhumanservices.org
250.383.4821

**Greater Victoria Eldercare
Foundation**

www.gvef.org
250.370.5664