



City of Edmonton Employee Wellness Resources and Supports

Edmonton

CITY OF EDMONTON EMPLOYEE WELLNESS RESOURCES AND SUPPORTS

As we prepare for the year ahead it can be helpful to take some time to review the resources and support that are available to City of Edmonton employees. Even if these are resources that you may not need at this time, if you know what is available and how to access it, you might be in a position to help others who are struggling to get connected. Just like anything, if we plan ahead we will be more prepared when we are faced with a challenge. There are also resources and tools that are good for everyday overall wellness.

LifeWorks by Morneau Shepell - Employee and Family Assistance Program (EFAP)

1-855-789-7289

Provides free, professional, short-term, solution-focused counselling service to help ALL employees and their immediate family members work through the difficulties that life can present. You can call to book an appointment or ask to speak to someone right away if you or someone you know needs immediate support.

Lead Chaplain, John Dowds Senior Mental Health Consultant

780-496-7863 or John.Dowds@edmonton.ca

As Chaplain, John Dowds provides support and information to City employees and their families. He has extensive experience in the care and support of those going through crisis, stress and grief. You can call John to find a time to connect for support, but 24/7 crisis support is also available.

Peer Support

Peer Support offers a safe and confidential place for employees who may be experiencing a work or personal related challenge to connect with trained, skilled, and empathetic peers. If your area is in the process of building a Peer Support team consider how you can get involved. Maybe you are interested in volunteering or know someone who would be a great fit for the role. Contact the coordinator in your area or reach out to Lacey Ranslam at lacey.ranslam@edmonton.ca for more information.

The Working Mind Training

The Working Mind is a course that all People Leaders (managers/supervisors) and employees should take. You will learn resiliency skills, how to reduce stigmatizing attitudes towards mental health problems and mental illness, and strategies to increase mental wellbeing in the workplace. Signing up for the course and encouraging others in your area to do the same is a great way to promote mental health in the workplace. Check LMS for upcoming courses.

Personal Resilience Employee Plan (PREP) Workbook

The Personal Resilience Employee Plan is a resource that helps build resilience. Resilience is a skill we can develop that helps us adapt and recover in the face of life's challenges, setbacks or crises. This is a resource developed specifically for employees that is useful for planning and preparing for challenging times ahead. This is a personal plan and only you will see your answers to the questions. It is available on the onecity Employee Wellness and Supports page. Consider printing a copy for yourself or sharing it with people you work with. [Link](#)

More Employee Wellness and Supports Resources

Visit the Employee Wellness and Supports page on onecity for resources and tools that are helpful at any time. There is information on mindfulness, healthy eating, active living and much, much more.

- Virtual Corporate Mindfulness Sessions Every Wednesday from 12:30-1pm, open to all City employees email Jessica Culling at jessica.culling@edmonton.ca to be added to these events.
- Live Active Happy Hour - a virtual fitness experience the last Friday of the month from 12:00-1pm, open to all City of Edmonton employees email Melody Cesar at melody.cesar@edmonton.ca to be added to these events.