

What is the Employee Assistance Program (LifeWorks)?

The Employee and Family Assistance Program provided through LifeWorks is a confidential counseling and resource service for employees and their families. TRUFA and TRU each pay 50% of the annual cost for LifeWorks employee assistance services.

LifeWorks provides skilled professional counseling and support for such issues as:

- ❖ Financial issues:
 - Budgeting
 - Debt management
 - Saving and Investing

- ❖ Well-being issues:
 - Relationships
 - Stress
 - Depression
 - Health
 - Addiction & Recovery

- ❖ Legal issues:
 - Free telephone consult with lawyer
 - Up to 25% discount on in-person referrals with Program legal network
 - All areas of law covered with exception of employment law

- ❖ Health & Wellness issues:
 - Coaching with a Dietician
 - Stop Smoking Centre
 - Nurse Line

- ❖ Childcare & Parenting issues
 - Childcare locator
 - Parenting consults
 - Behavioral issues
 - Disabilities

- ❖ Older Adult Care issues:
 - Retirement concerns
 - Finding elder care
 - Caregiver resources

- ❖ Work issues:
 - Communication
 - Career
 - Interpersonal relationships
 - Conflict

- ❖ Everyday issues:
 - Research into consumer issues
 - Research into community resources
 - Research about education

LifeWorks can be reached at 1-877-207-8833.

For additional information please visit the website at www.lifeworks.com .

Contact the TRU Faculty Association office at 250-374-3040 or email admin@trufa.ca for the username and password to access information on this website.