

# EFAP Orientation Webinars

## Supports from EFAP

Learn about services and supports available to employees and their families at this upcoming webinar.

Our Employee and Family Assistance Program (EFAP) is a confidential and voluntary support service available at no cost to all APS employees and their immediate family members. EFAP provides various supports and tools on numerous topics — including nutritional and financial support services, mental health and resiliency resources, relationship resources and family support services, in addition to their short-term counselling program. Find out from our service provider, **TELUS Health**, on what they have to offer, as well as how to access and use their services.

**No registration is required. Feel free to copy the TEAMS link into your calendar on a date that works for you. We encourage all APS employees to attend including new hires as well as those who may want a refresher on updated content. Additional dates will continue to be added.**

Eligible family members may also attend these sessions through TEAMS (download the program) or through phone in.

Employee Sessions	Dates	Microsoft Teams Link	Phone In
April 2026	April 23 2:00 pm to 3:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> (855) 751-2243 Canada (Toll-free) Phone conference ID: 665 338 447#
May 2026	May 14 2:00 pm to 3:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> (855) 751-2243 Canada (Toll-Free) Phone conference ID: 192 110 439#
June 2026	June 25 2:00 pm to 3:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> (855) 751-2243 Canada (Toll-free) Phone conference ID: 658 406 378#

## Supervisor Supports from EFAP

**Learn about services and supports available to you and your employees and their families in this upcoming webinar.**

Our Employee and Family Assistance Program (EFAP) is a confidential and voluntary support service available at no cost to all APS employees and their immediate family members. EFAP provides various supports and tools on numerous topics — including nutritional and financial support services, mental health and resiliency resources, relationship resources and family support services, in addition to their short-term counselling program. **As Supervisors**, we also deal with sensitive and challenging conversations with our employees and sometimes need information on how to recognize that our employees might be having difficulties. We might need consultation and coaching on addressing sensitive employee situations, including educating our employees about EFAP supports and services available to them.

Find out from our service provider, **TELUS Health**, on what they have to offer, as well as how to access and use their services from both the employee and supervisor perspective.

**No registration is required. Feel free to copy the TEAMS link into your calendar on a date that works for you. These sessions are intended for those in the APS who have supervisory responsibilities for other employees. We encourage new supervisors to attend as well as those supervisors who may want a refresher on updated content. Additional dates will continue to be added.**

**\*A session may not go ahead if the number of participants that join is low. If the session you join gets cancelled, feel free to join another on a future scheduled date. Encourage your supervisor colleagues to join a session with you.**

People Leader Sessions	Dates	Microsoft Teams Link	Phone In
April 2026	April 21 1:30 pm to 3:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> (855) 751-2243 Canada (Toll-free) Phone conference ID: 299 350 413#
June 2026	June 23 1:30 pm to 3:00 pm	<a href="#">Join the meeting now</a>	<b>Or call in (audio only)</b> (855) 751-2243 Canada (Toll-free) Phone conference ID: 895 737 096#