

Wellness Resources to Help you Thrive



Accessing Homewood Health

Eligibility

- ✓ Regular full-time employees
- ✓ Temporary full-time and part-time employees with appointments greater than 6 months and workloads greater than 35%
- ✓ Immediate family members (spouse and/or dependent children living at home)

E-Counselling

Connect with a counsellor by phone, private conversations similar to email, real-time chat or video chat. Available 24 hours per day, seven days per week. Call 1-800-663-1142 to get started.

Health Risk Assessment

A self-assessment on your health history and lifestyle habits.

E-Courses

- Resilience
- Foundations of Positive Parenting
- Taking Control of your Stress

Life Smart Coaching

- Childcare and Parenting
- Elder and Family Care
- Financial Coaching
- Grief and Loss

Blog Posts

- Uncovering the Faces of Anxiety
- Building your Resilience
- Taking Charge of Stress
- Health and Wellness Library

How to Connect

Call 1-800-663-1142 and/or create an account at homeweb.ca to access these resources and more.



HUMAN RESOURCES

