

New

Hospice Volunteer EAP Program for qualified volunteers of BCHPCA Members

Dear BCHPCA Member,

Your Trained Hospice Volunteers are an integral part of your team and the services your organization provides to the community. As a part of the specialized programs provided through BCHPCA and OASSIS we are pleased to announce the new **Hospice Volunteer EAP Program**. This OASSIS & Ceridian LifeWorks EAP program can help support the important work your Trained Hospice Volunteers do.

“We who care for the bereaved and the dying have a wondrous opportunity: to help others embrace and grow through grief-and to lead fuller, more deeply-lived lives ourselves because of this important work. But our work is draining-physically, emotionally and spiritually. We must first care for ourselves if we want to care well for others.”, Dr. Alan Wolfelt , <http://www.centerforloss.com/about-dr-alan-wolfelt/>

- The EAP benefit provides:
 - Immediate, confidential counselling services to volunteers for
 - Personal Well Being,
 - Trauma
 - Relationships / Family Issues,
 - Addictions, Substance Abuse, Mental Health
 - Life Work balance,
 - Child/Elder care,
 - Free legal advice
 - Financial consultation,
 - Nutrition & Fitness Program
 - The program is available to BCHPCA members', Hospice Volunteers who have completed formal training based on the **based on the BCHPCA Standards and Training guides**
 - The Program is available to BCHPCA member organizations with or without an OASSIS benefit plan.
 - The EAP premium for BCHPCA Members **which have an OASSIS group benefits** plan is **\$3.67 per volunteer per month**.
 - The premium cost for BCHPCA Members **for Hospice Volunteer EAP-only** is **\$4.03 per volunteer, per month**.



If you would like to find out more about EAP for your volunteers please contact:
Flora de Mintich at 1 (888) 233-5580 Ext. 305 or flora@oassisplan.com

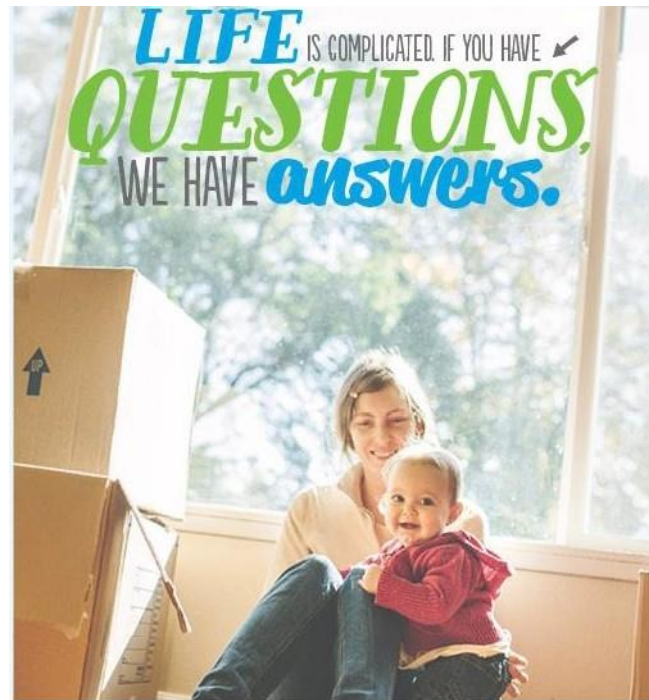
Our Partner:



LifeWorks

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LifeWorks provides confidential counselling, consultations, community referrals, multimedia resources and online access to hundreds of articles, self-assessments, biogs, podcasts, calculators and more. Services are available 24 hours a day, seven days a week, and are provided at no additional cost to you and your dependents, as defined by your benefits plan.



Life	Health	Family	Work	Money
Retirement	Mental Health	Parenting	Time Management	Saving
Midlife	Addictions	Couples	Career Development	Investing
Student Life	Fitness	Separation/Divorce	Work Relationships	Budgeting
Legal	Managing Stress	Older Relatives	Work Stress	Managing Debt
Relationships	Nutrition	Adoption	Managing People	Home Buying
Disabilities	Sleep	Death/Loss	Shift Work	Renting
Crisis	Smoking Cessation	Childcare	Coping with Change	Estate Planning
Personal Issues	Alternative Health	Education	Communication	Will Kit

Blogs
Food & Fitness
Questions Parents Ask
Your Money
Work-Life

Online Toolkits
Planning Your Life After 50
Finding Your Path in Your 20s and 30s
Complete Will Kit
Financial Toolkit
Divorce Toolkit

Interactive Programs
Eating Well Telephonic Nutritional Counselling
Online Depression Centre
Online Stop Smoking Centre
Career Cruising
Naturopathic Services

Podcast Series
Simplify Your Life
Bullying
Relationship Rescue
Managing Your Money
Caregiving
Depression

Contact LifeWorks for 24/7 Support:

_____ TTY _____

Visit us online: _____

User ID: _____ Password: _____





LifeWorks (Advice to fit your life.)

Employee Assistance Program Counselling Services

From time to time, we all need support to deal with an issue or challenge. If you could benefit from professional help to proactively deal with a personal or work-related concern, turn to **LifeWorks**, your Employee Assistance Program (EAP). The EAP is available to you and your dependents at no additional cost to you -- as defined by your benefits plan -- and includes access to confidential counselling for any issue you're facing.

Maybe you're struggling with conflict at work that is affecting your productivity, or you'd like to learn to better control your anger or manage stress. You may also access counselling for general health/disability-related issues; if you're dealing with separation/divorce or with an addicted spouse/family member; for self-esteem issues; communication issues; parenting challenges; midlife concerns; sexual orientation, and more.

If you're seeking qualified, practical support to help you deal with life's ups and downs, **LifeWorks** is here, 24/7. To get started, contact us toll-free, any time, to speak with a caring consultant. Your consultant may provide guidance, recommend resources, and refer you promptly to a counsellor for short-term, solution-focused counselling.* All our counsellors are experienced therapists with a minimum Master's degree in psychology, social work, or other social services field. **To meet individual needs and preferences, counselling is available from LifeWorks in a variety of modes:**

- Telephonic (including immediate support by phone in the event of a crisis)
- By chat over the secure program website
- Live by video over the Internet using a Webcam (ideal for those whose personal situations make it challenging to attend sessions in person)
- In person (face-to-face sessions with a qualified affiliate counsellor in your local community)

**In short-term counselling, the number of sessions varies and is determined on a case-by-case basis. If your issue is ongoing in nature, the counsellor will likely refer you to an appropriate resource in your community, and support you in how to access that resource. If you or someone in your immediate family is in a state of crisis, we will offer the necessary support to stabilize the situation regardless of whether the issue is short-term or ongoing.*