

Rowe, Jessica

From: Wellness
Sent: January-26-21 1:38 PM
To: ZZZ-BCHS Users
Subject: Wellness Memo & Resources
Attachments: Clinical Promo Poster Jan 27 12pm (Jan-12-2021).pdf

Importance: High

Good morning,

On behalf of the Wellness team, we hope you are all doing well. Once again, we would like to send a big thank-you to all of our staff and physicians, working so hard to keep our community safe and healthy. We would like to take this moment, and share some great resources.

Clinical Webinar hosted by McMaster University: January 27, 2021 at 12:00pm → See the attached poster for details and how to register

Homewood Health: BCCHS' Employee & Family Assistance program

- ❖ All staff and physicians at BCCHS have 24/7, free and confidential access to our Employee & Family Assistance program.
- ❖ For information about Homewood Health resources, how to access these resources, and general information, [please watch this video](#).
- ❖ If you have not yet signed up for your free account on Homeweb.ca, now is a great time to do so. By creating an account, you have access to online cognitive behavior therapy, i-Volve, online e-courses, articles on managing stress and anxiety, family issues, financial stress, virtual workplaces, crisis management response, and much more.
- ❖ Homewood has also provided some toolkits specific to COVID. Please click below and the document will open. You may be required to login.
 - **Manager Toolkit**
[English](#) | [Français](#)
 - **Employee Toolkit**
[English](#) | [Français](#)

Hamilton Health Sciences: Covid-19 Resilience Support Toolkit

- ❖ Hamilton Health Sciences has some great resilience support resources which includes: videos, articles, webinars and more.
- ❖ [Click here to access their Resilience Support page!](#)

Do you have ideas you'd like to share with the Wellness Committee? Are you interested in joining our team? If so, please contact Wellness@bchsys.org. We want to hear from you!

Stay tuned for future updates regarding Wellness sessions and initiatives at BCCHS!



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