



CONSTRUCTION MAINTENANCE AND ALLIED WORKERS CANADA

April 2, 2020

Dear Brothers and Sisters

This correspondence is to provide an update on how things are progressing currently with the COVID-19 pandemic.

On March 31st Premier John Horgan addressed the Province and stated that the government is not lifting the state of emergency just yet; that the next 2 weeks will be crucial and determine how we've handled the current situation. All residents of British Columbia must heed the Public Health Authorities current guidelines with respect to social and physical distancing and remaining at home whenever possible. This is not over yet and the timeline on when we all can return to a somewhat regular schedule is still undetermined.

During all of this, the construction industry has been deemed an essential service. We understand, that for some of our members, this may create stress and anxiety as it is often hard to keep the physical distancing from fellow workers when on site. If you are feeling uneasy, we would like to remind all members that you have access to the Employee Family Assistance Program (EFAP) and that there is no cost to you or your family to use it. You can contact the EFAP 24 hours a day, 7 days a week either by phone at 1.800.387.4765 or visit www.workhealth.com.

We all need to do our part to *Flatten the Curve* to get through - this will take everyone's participation.

In solidarity,

Chris Wasilenchuk
President

Paul Nedelec
Secretary Treasurer

Jessie Gregory
CMAW Benefit Plan Chair

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24-Hour, 7-days-a-week access to your EFAP

- Call **1.800.387.4765** toll-free number to access the EFAP services via the Care Access Centre. Morneau Shepell's dedicated Intake specialists are fully bilingual in English and French, and can help match you with appropriate service(s) and support. This call centre also acts as a crisis line and will triage calls for those requiring immediate support.
- Visit the EFAP website www.workhealthlife.com for access to a range of EFAP support services.
- Download the free **My EAP** mobile device application. (for Apple, Blackberry and Android-based devices)

Professional EFAP Counselling Services

Personal/Emotional	Family	Couple/Relationship	Work-related	Addiction-related
<ul style="list-style-type: none"> ▪ Stress/anxiety ▪ Depression ▪ Suicidal risk ▪ Self esteem ▪ Anger issues ▪ Life stages ▪ Post-trauma support ▪ Abuse 	<ul style="list-style-type: none"> ▪ Parenting ▪ Child behaviour ▪ Adolescent behaviour ▪ Blended family ▪ Communication ▪ Elder-related ▪ Extended family relations 	<ul style="list-style-type: none"> ▪ General relationship ▪ Relationship breakdown ▪ Separation/divorce ▪ Intimacy issues ▪ Communication ▪ Conflict resolution ▪ Family planning 	<ul style="list-style-type: none"> ▪ Workplace stress ▪ Work relationships/conflict ▪ Career planning ▪ Career resiliency ▪ Retirement planning ▪ Workplace violence/harassment ▪ Work performance 	<ul style="list-style-type: none"> ▪ Alcohol ▪ Drugs ▪ Other's addictions ▪ Smoking ▪ Gambling

Professional EFAP Work/Life Services

Legal Support Services <ul style="list-style-type: none"> ▪ Civil litigation ▪ Criminal law ▪ Landlord-Tenant ▪ Property law ▪ Real estate ▪ Will/estate ▪ Child custody ▪ Separation/divorce 	Family Support Service <ul style="list-style-type: none"> ▪ Planning a family/ Adoption ▪ Daycare ▪ Expectant/New parents: New Parent Package ▪ Home support services ▪ Parenting resources & information ▪ Special needs ▪ Compassionate care & bereavement ▪ Elder care resources & information ▪ Community programs & Residential care options 	Financial Support Services <ul style="list-style-type: none"> ▪ Bankruptcy ▪ Debt/credit ▪ Divorce ▪ Estate ▪ Insurance ▪ Investment planning ▪ Real estate/mortgage ▪ Retirement ▪ Taxes ▪ Employment transition
Health Coaching <ul style="list-style-type: none"> ▪ Condition management ▪ Risk reduction ▪ Weight management ▪ Healthy eating ▪ Responsible alcohol use ▪ Stress management 	Nutrition Support Services <ul style="list-style-type: none"> ▪ Disease state management ▪ General healthy eating ▪ Weight gain/loss ▪ Healthy eating on the go ▪ Accommodating shift work ▪ Regulating diabetes ▪ Preventing heart disease 	Naturopathic Services <ul style="list-style-type: none"> ▪ Physiology ▪ Diet ▪ Lifestyle ▪ Mental/emotional well-being