



EMPLOYEE WELLNESS  
good thinking

# New name and new services: EFAP is now Employee Wellness!

*Enhanced and improved access to services that support your good thinking*

## WHAT'S NEW?

Check out the new Employee Wellness website at [employee-wellness.ca](https://employee-wellness.ca)

### New and enhanced services:

- 24/7 counselling and critical incident debriefings
- New confidential online therapy program to reduce stress, depression and anxiety
- Customized group wellness sessions (Taking Care of Me Series)

Employee Wellness continues to provide confidential and free services to all VCH employees and their immediate family.

Contact us at 604-872-4929 or by email at [booking@employee-wellness.ca](mailto:booking@employee-wellness.ca)  
For urgent 24/7 assistance, please call 1-800-505-4929.