



## UPPER ISLAND ASSESSMENT AND RESOURCE SERVICE

### TRAINING OPPORTUNITY FOR EFAP REPS / WORK SITE CONTACTS

#### **BASIC EFAP TRAINING**

The success of your Employee and Family Assistance Program (EFAP) depends on employees knowing what the EFAP program can offer them and feeling comfortable in reaching out for assistance.

**Content for this basic training includes:**

- ▶ Understanding the EFAP/ARS model
- ▶ Understanding your role as an EFAP rep, shop steward, supervisor or work site contact.
- ▶ Familiarizing participants with the services and staff of the Upper Island Assessment and Resource Service.
- ▶ Reviewing components of an effective EFAP program and developing a plan to integrate the plan into your worksite.
- ▶ Learning specific strategies or tools to effectively maintain EFAP awareness in your workplace.

**WHEN: coming in early 2011 9:00 a.m. to 3:00 p.m.**

**WHERE: 830 – 14<sup>th</sup> Avenue (Labour Centre), Campbell River**

**COST: \$50.00 per person (includes lunch)**

#### **WAYS TO REGISTER:**

1. use contact us page on website [www.upperislandars.com](http://www.upperislandars.com)
2. email [info@upperislandars.com](mailto:info@upperislandars.com)
3. phone: 250-287-2266 (CR) or 250-338-4533 (CV) or 250-956-3144 (Pt McNeill)  
toll-free 1-866-789-2266

(Registration Deadline: November 16, 2010)